

Missouri Dental Hygienists' Association **2023 ANNUAL SESSION**

2 Days of Hygiene Education and Events



WE RISE AND LIFT OTHERS, WE SHINE OUR BRIGHTEST TOGETHER

RENAISSANCE HOTEL

9801 NATURAL BRIDGE ROAD • ST. LOUIS, MO

OCTOBER 13-14, 2023

LET'S SHINE TOGETHER



Keynote Speaker Sonya Dunbar

AND WORLD
RENOWNED SPEAKERS

Anne Guignon
Dr. Joy Void-Holmes
Dr. Elizabeth Binz
Dr. William Paveletz
Anne O. Rice
Carol Jahn
Susan Wingrove
Gary Harbison
Dr. Richard Vargo
& MORE TO COME

REGISTRATION OPENING JUNE 2023

Hosted By:

adha™

Missouri DENTAL HYGIENISTS' ASSOCIATION

For Info call: 813-444-1011 • www.missouridha.org



Welcome To The Missouri Dental Hygienists' Association **ANNUAL CONFERENCE** **OCTOBER 13-14, 2023 • RENAISSANCE HOTEL • ST. LOUIS, MO**

The Missouri Dental Hygienists' Association is delighted to invite you to its premier fall event for the upcoming Show-Me Smiles Conference at the Renaissance Airport Hotel in St. Louis! This event is an excellent opportunity to come together and learn what's new with advancements in the field to help today's clinician level up their skills. Through associated lectures, attendees will acquire the most current and best practices. This year's event is all about ensuring that amazing hygienists across Missouri shine their brightest for patients and dental teams.

We have created an incredible lineup of speakers and thought leaders that will share their experiences and strategies on building skills. Key features include expert speakers, workshops, student track on Saturday, an opportunity for professional headshots, prizes, networking opportunities with other professionals and vendors, and the amazing president's dinner and Shine Ball! Attending the conference will benefit professional development and help keep attendees current with the latest trends in products and patient care. Reconnect with friends and make new ones!

The Renaissance Airport Hotel is conveniently located at Saint Louis Lambert Airport and is along the I-70 freeway. There is complimentary shuttle service between the hotel and airport terminals. With stylish decor, plush beds, and Saint Louis hospitality, you can rest assured of a luxurious stay. A block of rooms is reserved for attendees and rooms are \$112 nightly.

We look forward to you taking part in this exciting event! Registration is open (or register today)!



Best Regards,
Toni Meyerkord, BS, RDH
MDHA Vice President and
Annual Session Chairperson

We rise and lift each other and shine our brightest together.

adhaTM | **Missouri**
DENTAL HYGIENISTS'
ASSOCIATION

Mission: Our mission is to support dental hygienists through professional development and advocacy.

RENAISSANCE ST. LOUIS AIRPORT HOTEL **9801 NATURAL BRIDGE ROAD, ST. LOUIS, MISSOURI 63134**



When you stay at the 4-Star Renaissance St. Louis Airport Hotel in St. Louis, you'll be close to St. Louis Zoo, Forest Park, Washington University, and Hollywood Casino Amphitheatre.

Amenities include 393 guestrooms with refrigerators, 37" Smart LED televisions (surcharge), wireless internet, pillowtop beds with premium bedding, private bathrooms featuring complimentary toiletries, & hair dryers. Recreation includes an indoor pool, 24-hr fitness center, and a seasonal outdoor pool. Hotel also features gift shops/newsstands and wedding services. Business amenities include a 24-hr business center, dry cleaning/laundry services, and a 24-hr front desk.

Dine at Eero's restaurant which specializes in American cuisine, or take advantage of our room service (limited hours). Wrap up your day with a drink at the bar/lounge. Buffet breakfasts are served on weekdays from 6 to 10 AM and weekends from 7 to 11 AM for a fee.

Group rate is \$112 per night + tax • Reserve by Friday, September 22, 2023

Go to this link to reserve your room @ <https://tinyurl.com/MDHA23Hotel>



CONFERENCE SPEAKERS

Keynote Speaker:

SONYA DUNBAR RDH, MHA

Keynote Topic:

SHINE: Basking in Dental Hygiene Excellence

END THE SILENCE: The State of Long-Term Care Facilities and Oral Health Care

Course Description:

A silent epidemic of oral diseases is afflicting older adults in long-term care facilities, and frail elderly adults suffer in silence from poor and neglected oral care. This course will discuss the oral health status of the elderly residing in LTCF and the relationship this has with oral and systemic health. Explain how and why oral care is provided to residents on ventilators, feeding tubes, bedbound, and comatose. A review will be provided on the relationship between the oral manifestations and oral complications of common systemic diseases, with a strong emphasis on pneumonia. The course will conclude with an outline of establishing an interdisciplinary oral care program in long-term care facilities.

Biography:

Sonya Dunbar, AKA the Geriatric Toothfairy, is a Registered Dental Hygienist, and TEDx and International public speaker guided by over 30 years of dental experience in private practice, skilled nursing facilities, and academia. Sonya and her husband, Gerald Dunbar, are the owners of Mobile Dental Xpress, providing comprehensive dental care to long-term care facilities. In addition, Sonya is a geriatric oral health educator and trainer. Sonya works diligently to educate as many people as possible on the importance of oral health as we age. Sonya is a US Navy Veteran and is pursuing a Ph.D. in Gerontology. Sonya is a serial entrepreneur, brand ambassador with over 100k social media followers, business coach, and transformational mindset coach for business owners and entrepreneurs. She is the co-founder of the National Mobile & Teledentistry Dental Conference, The American Mobile Dentistry & Teledentistry Alliance and the prestigious Denobi Awards. Sonya is also behind the new I Woman podcast and movement. Sonya is the published author of three books and is a recipient of the 2020 Philips Heart to Hands Award and the 2022 Sunstar Award. As if that is not enough, the National Day Archives, LLC has proclaimed November 9th of each calendar year as Geriatric Toothfairy Day.

ANNE GUIGNON, RDH, MPH, CSP Now That Makes Sense! Creating a Healthy Sustainable Environment

Treating every patient with a cookie cutter approach or expecting our bodies to fit a one-size-fits all environment is stressful and boring and ignores the art and science of quality care.

- What are the patient's actual needs?
- Is it possible to create a customized care strategy that really addresses oral conditions, not what might be covered under a plan?
- Can patients become active participants in building their own successful health journey?

Long gone are the days of the traditional hygiene and the standard brushing and string floss demo. Patient-centered care is not new. It is our WHY. This interactive course is clinician-driven and focuses on how to make clinical days easier, better, and more fun by using innovative products and technologies.

Course Objectives:

- Discuss how arginine, xylitol, peroxide, and probiotics balance oral ecology
- Understand the urgency for adding testing salivary chemistry
- Describe new caries detection methods
- Explain the value of non-invasive pain control using neurobiomodulation
- Demonstrate effective biofilm destruction home care options
- Discover the postural benefits of safe seating
- Appreciate the diagnostic and postural benefits of new loupe and lighting options

Biography:

Anne Guignon is a visionary thinker. Anne's WHY began back in 1971. She simply wanted to know what worked best for clinicians and patients. As her curiosity grew, so did her passion for sharing information, and she became a highly sought-after international speaker, prolific author, and subject matter expert. Anne's global thinking has resulted in numerous accolades for mentoring, research, and guiding those in the healthcare. Her topics include caries and erosion, dental hypersensitivity, the oral microbiome, ergonomics, and workplace law issues. Despite her accomplishments, Anne's clinician heart is always focused on making clinical practice better, easier, and more rewarding. During the pandemic Anne founded The Out Of The Box Learning Academy, a CE platform and was thrilled to be recognized as a new AGD PACE CE Provider. Get ready to have fun with "news you can use on Monday" from one of the original out-of-the-box thinkers in dentistry!



JOHN BARDGETT, MDHA LOBBYIST John Will Share How He and His Team Support MDHA in Jefferson City

John E. Bardgett is president of Bardgett & Associates, Inc., which is a political consulting and lobbying firm, primarily focused on representing clients' interests in the State of Missouri at the legislative, executive, and state department levels.

Biography:

John is a lifelong Missourian who grew up in St. Louis and Jefferson City. Following college, John began his lobbying career in 1980 and has been actively engaged in the lobbying and political consulting arena for the past 40 years. The client list of Bardgett & Associates represents some of the top corporations in our country, as well as professional and trade associations in our state. John's firm has offices in both Jefferson City and St. Louis. Including John, there are six full-time lobbyists who work on clients' issues.



GARY HARBISON, MA

Executive Director of Missouri Coalition for Oral Health

The Broader View: Missouri Oral Health Policy

This presentation will provide an overview of the current oral health policy issues in Missouri and approaches to these issues, including an introduction to the MCOH and unified work through the statewide network of advocates.

Course Objectives:

- Gain an understanding of how the context of MO policy impacts community oral health
- Gain an understanding of Missouri oral health policy issues being addressed by the statewide network or oral health advocates and the basics of how the MO Coalition for Oral Health functions to address issues

- Gain an understanding of some of the challenges of addressing oral health policy issues

Biography:

Gary Harbison has served as the Executive Director of the Missouri Coalition for Oral Health since late December 2011, the year the agency reorganized. He has provided leadership through several significant changes in Missouri Oral Health, including an historic leap in Medicaid dental provider rates in 2022, the reinstatement of adult dental benefits in Medicaid, the establishment of the Oral Health Caucus in the Missouri legislature and the filling of the MO State Dental Director position after nearly 12 years without oral health leadership within the state system. Mr. Harbison has developed MCOH into a focused and strategic statewide network of advocates dedicated to health equity and access to care. He was awarded Oral Health Champion by the Missouri Dental Hygienists' Association in 2018.



DR. JOY D. VOID-HOLMES RDH, BSDH, MHSC, AADH

Lecture: Knowledge is Power – Mastering Instrumentation to Maximize Clinical Potential

This course is about developing the expertise and employing knowledge for attendees to anticipate the optimum approach for periodontal debridement while eliminating the less than ideal, unnecessary, and often-times counter-productive components of this procedure.

Course Objectives:

- Identify innovative periodontal instrument design features that impact the delivery of care
- Utilize a staged approach that facilitates the most efficient use of the hygiene armamentarium
- Replace counterproductive scaling actions with effective actions to achieve clinical excellence

Workshop: Knowledge is Power – Utilizing Function and Design to Unleash Your Inner Scaling Warrior

The evolution of the innovation behind hand instruments is constantly being introduced. The design concepts for many new instruments are significant departures from previous designs. To appreciate new design principles for advanced developments, it is necessary to determine the considerations by which all hand instruments should be used. This presentation offers those considerations. Through hands-on demonstrations, attendees will gain an understanding of new design concepts that replace unnecessary and counterproductive actions with the most effective actions to achieve clinical excellence.

Course Objectives:

- Examine the benefits of using a hybrid hand-instrument to increase scaling efficiency
- Assemble budget-friendly setups that facilitate treatment outcomes and require less instruments
- Demonstrate the proper use of the anterior and posterior Double Gracey (coated-and-uncoated)



Lecture: Straight Talk about DEIB (Diversity Equity, Inclusion, Belonging) with Joy and Em'

The role of diversity, equity, inclusion, and belonging (DEIB) training in society is invaluable; yet, it goes beyond race and ethnicity. As healthcare professionals, it is important to develop strategies to become more inclusive beyond race to help improve the provision of nondiscriminatory care for patients and to communicate effectively with members on the healthcare team.

With this interactive course, participants will learn skills to be conversant on difficult topics related to DEIB so that they can have more culturally meaningful interactions with their patients and co-workers and begin the process of closing the gap in oral health disparities.

Course Objectives:

- Define key terms that are frequently used in discussions about DEIB
- Explain some of the most common forms of implicit bias and learn strategies to address them
- Review common cultural terminology misnomers
- Learn several crucial soft skills that will help to develop and implement meaningful DEIB strategies with empathy and effectiveness and provide care for patients across cultures

Biography:

Dr. Joy D. Void-Holmes, RDH, BSDH, MHSc, AADH, is an international speaker, educator, author, oral care thought leader, co-founder of Jell-ED, and founder of Dr. Joy, RDH, where she advances the art and science of dental hygiene through continuing education, research content creation, and product testing. As a renowned leader with 27 years of experience in the oral care field, she is on a mission to impact and empower audiences by promoting self-care & confidence building, bringing awareness to DEI and mental health, and sharing her exceptional knowledge of preventative dentistry. Dr. Joy is a potent speaker who impacts every audience she meets. Her speaking topics include the future of dental hygiene, healthy boundary creation, and elevating self-care for women, overcoming victimhood mindsets through personal empowerment, and developing confidence and courage to manifest your dream life. She has presented continuing education courses nationally and internationally in many oral care subjects such as instrumentation, ultrasonics, silver diamine fluoride, dental hypersensitivity, and infection control. Learn more about her at <https://www.drjoyrdh.com/>.



CAROL JAHN, RDH, MS

Dealing with Difficult People: Strategies for Managing Patients, Coworkers, Bosses

Do you have a patient that you feel you can never please? A co-worker/employee who always seems to have an attitude? Or a boss who pressures and challenges you at every turn? You are not alone. Everyone has had to face the challenge of dealing with a difficult person. This course will help you develop effective strategies to help you feel more confident and empowered to take control, manage the situation, and have a more enjoyable work life.

Course Objectives:

- Understand the benefits of responding vs reacting
- Identify strategies to maintain poise and self-control
- Discover the role of presence in developing confidence and personal empowerment
- Discuss learning ways to say no for greater patient influence
- Explain workplace rights

Biography: *Carol Jahn, RDH, MS has a BS in dental hygiene from the University of Iowa and an MS in Continuing Education from the University of St Francis. She has been a dental hygienist since 1982; she practiced clinically for 14 years in general and periodontal practices. She is an international speaker and author, and industry leader. Currently, she is the Director of Professional Relations & Education for Waterpik, Inc. Carol received the ADHA/J & J Award of Excellence in 2013 and served on the board of the American Dental Hygienists' Association and been a delegate to the International Federation of Dental Hygiene.*



Unraveling Floss: Separating Fact from Fantasy

Data indicates that less than 30% of our patients floss and even less can do it on a level that attains a health benefit. This leaves a great number of our patients at risk for future or worsening periodontal disease and potential systemic health effects.

Therefore, finding a product that a patient will like and use on a daily basis is essential. This course will review the number of products available for interdental cleaning and help dental professionals recommend the product best suited for a person's individual needs, wants, abilities, and lifestyle.

Course Objectives:

- Explain the 2016 facts and fallacies surrounding string floss
- Understand what constitutes a systematic review and its role in evidence-based care
- Discuss the safety and efficacy of string floss, interproximal brushes, wooden sticks, toothpicks, and water flossing
- Recommend with confidence, products based on individual need and ability

Biography:

Dr. Richard J. Vargo is an oral and maxillofacial pathologist with the SSM Health SLUCare Physician Group at SSM Health Saint Louis University Hospital and an adjunct assistant professor at the Saint Louis University School of Medicine in St. Louis, MO. He is also the Director of Oral and Maxillofacial Pathology at A.T. Still University – Missouri School of Dentistry & Oral Health (ATSU-MOSDOH) and at the St. Louis Dental Center, and he has received several teaching awards during his time at ATSU-MOSDOH. Additionally, he is the oral and maxillofacial pathologist on the expert panel of the Missouri Telehealth Network's Oral Health ECHO. He is a Fellow of both the American Academy of Oral and Maxillofacial Pathology and the American Academy of Oral Medicine. Dr. Vargo completed his MBA with a Healthcare Administration Specialization at the Southern Illinois University Edwardsville School of Business in 2022. Dr. Vargo has authored and co-authored numerous publications in peer-reviewed journals and has presented his work both nationally and internationally. He serves as a peer reviewer for several national and international journals, and he maintains an active oral pathology social media presence on Instagram as @STLOralPathology.



DR. RICHARD VARGO, DMD, MBA, DABOMP, FAAOM

Always Remember to Wipe and...

A potpourri of oral pathology cases will be presented. Different clinical tests that dental hygienists can use in practice to aid in the diagnosis of these oral mucosal entities will be discussed.

Course Objectives:

- Know when to wipe an oral mucosal lesion
- Describe oral mucosal white lesions that wipe off and those that do not
- Define diascopy and when to use it
- Describe oral mucosal lesions that blanch with pressure and those that do not
- Define a Nikolsky sign and when to use it
- Describe oral mucosal entities that have a positive Nikolsky sign and those that do not
- Know when to take a radiograph for an oral mucosal pigmented lesion
- Describe pigmented lesions that have radiographic findings and those that do not

DR. ELIZABETH BINZ, DDS

Surgery with Light Sabers: The Use of Lasers in Periodontal and Peri-Implant Therapy

This course will entitle a brief introduction to laser technology and how lasers work.

Course Objectives:

- Review the lasers currently used in the dental office
- Use of lasers to help with the management of periodontal disease and peri-implant disease
- What patients can benefit from laser-assisted periodontal therapy



Biography:

Dr. Elizabeth Binz was raised in Jacksonville, Illinois. She earned her under-graduate degree in Anthropology from the University of Notre Dame and her Doctor of Dental Surgery degree from the University of North Carolina School of Dentistry. While in dental school, she received the Grover C. Hunter Award for academic and clinical excellence in the field of periodontics. She completed her residency at the Saint Louis University Center for Advanced Dental Education where she achieved a Certificate in Periodontics and a Master of Science in Dentistry. Dr. Binz is a Diplomate of the American Board of Periodontology. She is also certified in the Pinhole Surgical Technique, as well as LANAP, an innovative method of treating periodontal disease using laser energy. She is an active member of the American Academy of Periodontology, the Academy of Osseointegration, the Midwest Society of Periodontology, the American Dental Association, the Missouri Dental Association, and the Greater Saint Louis Dental Society. Outside the office, she enjoys traveling, reading, and spending time outdoors with her husband and their three children.



ST. LOUIS COUNTY
Periodontics & Dental Implants

SUSAN WINGROVE BS, RDH

Lights, Lasers, Cure! Time to Focus on Biofilm and Occupational Health

Now more than ever dental hygienists need to focus on biofilm-focused protocols for their patients' overall health and self-care to last longer in our profession. What tools and products to use and recommend for tooth and implant-borne restoration patients for maintenance, home-care, and disease treatment. This program includes how to create a non-reflective environment, technology, and products, what to use and what not to use to make a difference in occupational longevity for you as a hygienist.

Course Objectives:

- Review the current research classifications for periodontal / peri-implant disease and American College of Prosthodontists' (ACP) Guidelines for recare, maintenance, and home-care of patients with tooth-borne & implant-borne restorations
- Explore bioactive sealants, restorations, and the protocol to protect and recharge them
- Put into practice latest biofilm-focused maintenance, home-care and disease treatment protocols for natural teeth and implant patients



- Be able to create a non-reflective environment and manage aerosols for long-term health for YOU
- Understand how select curing lights, lasers, and personal protection equipment can affect your occupational health

Biography:

Susan Wingrove BS, RDH. Dynamic innovator, international speaker, researcher, writer, consultant, RDH Award of Distinction Recipient, and 2022 Western Society of Periodontology Hygiene Educator of the Year. Instrument co-designer of the Wingrove Titanium Implant Series, ACE probes, and Queen of Hearts instruments for PDT. On Oral-B Global Implant and Western Society of Periodontology Boards. Susan has 40+ years in dentistry and now specializes in sorting through the science to develop protocols for healthy teeth, implants, and disease treatment. Published author ACP Clinical Practice Guidelines Scientific Panel, Doctor Clinical Implant Maintenance White Papers, American and International journals on peri-implant therapy, regeneration, and advanced instrumentation. Text-book: Peri-Implant Therapy for the Dental Hygienist: Second Edition, Wiley Oxford UK. Resides in Missoula, Montana USA

ANNE O. RICE, BS, RDH

Assessments and Treatments that Saves Lives: RDH for the Win!

The opening remarks in November of 2022 by Dr. Tedros Adhanom Ghebreyesus at the WorldHealth organization's oral health status report said that oral health was "an indispensable part of overall health and wellbeing." The field of oral systemic health is rapidly expanding with irrefutable evidence of the growing link of systemic diseases as related to poor oral health. The mouth as the entry point for our body systems when compromised by disease or injury general health is also affected leading to disability and even death. Our knowledge of oral systemic health gives patients the highest level of care, serves their needs and saves lives. Clinicians in turn have increased confidence, job satisfaction, and more successful outcomes.



Course Objectives:

- Learn how sleep assessments can be quick, easy and life changing.
- Ascertain the relationship between oral health and the heart, the brain and diabetes
- Gain a deeper understanding how treating pathogens and viruses can significantly reduce risks on many chronic diseases

Biography:

Anne Rice, RDH, BS in Oral Health Promotion is an expert speaker on the oral-systemic link research and education. A 30+ year dental hygienist, she observed the impact of periodontal inflammation on a wide range of diseases and conditions including Alzheimer's Disease. Her mission is to empower dental health-care professionals as entry points for comprehensive assessment and recommended protocols to shift the trajectory of Alzheimer's. She also inspires and equips the public with best health practices and prevention strategies against Alzheimer's and other diseases.

WILLIAM PAVELETZ, DMD

I Bet There's a Hygiene Hack for THAT...!

This course is the "second installment" of the DENTAL HACKS SERIES of lectures focusing on incorporating simple tricks of the trade in dentistry. Dental Hygienists have had years of chair side training and education, but today's dental materials and techniques are constantly evolving. New and improved formulations have made it challenging for many dental staff members to keep up with their advancements. This course will unlock dental trade secrets to improve productivity for today's chair side dental hygienist.

Course Objectives:

- Attendees will understand the definitions of ORMOCER, and Nano-based technologies as they pertain to dental products
- Understand how to apply Nano-hydroxyapatite materials, Nano-filled desensitizers, and Nano/ORMOCER dental materials chair side
- Be able to discuss and highlight the benefits of using biocompatible based dental materials with their patients



Biography:

Dr. William Paveletz, DMD, is a graduate of Temple University School of Dentistry. Upon receiving his DMD degree he completed a one-year general practice residency at University of Pittsburgh and continued studying prosthetics at the Graduate Department of Pittsburgh Dental School. Currently, he is one of VOCO's North America Clinical Directors of Continuing Education. He lectures nationally / internationally to dental retailers, dental societies, and teaching institutions. Dr. Paveletz has been published in various dental trade publications regarding temporization techniques with dental implants, treating geriatric patients, and fluoridation usage in adolescences. He has a true passion for preventative and restorative dentistry, with an emphasis on biocompatibility and holistic dentistry. His hands-on workshops focus on topics ranging from dental coding and billing, hygiene, esthetic dentistry, fixed and removable prosthetics, and nano and ormocer technology. Sponsored by VOCO.



**2023
ANNUAL
CONFERENCE**
OCTOBER 13-14, 2023
ST. LOUIS, MO

REGISTRATION FORM

Attendee Information:

Full Name: _____ Dentist RDH RDA
 Address: _____
 City: _____ State: _____ Zip: _____
 Daytime Phone: _____ Cell Phone: _____
 Email Address: _____

MDHA 2023 TUITION FEES

ADHA Pricing	Early Bird (Before July 17)	Regular Price (After July 17th)
ADHA Member	<input type="checkbox"/> \$259.00.....	<input type="checkbox"/> \$299.00
Non-Member	<input type="checkbox"/> \$329.00.....	<input type="checkbox"/> \$369.00
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Cancellation Policy: The fee, less a \$35 per person processing charge, will be refunded if cancellation is made by 9/1/2023. Cancellations made between 9/2/2023- 10/1/2023 will be charged \$100 cancellation fee. No refund will be made for cancellations after 10/2/2023. Please register online at mdha.org

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