



“PERFECTING THE PROFESSION”

Wolverine Dental Hygienists Society est.1972

Celebrating 40 years as an Organization and 100 years as a Profession!

Third Edition

June 2013

Dr. Oz and Gail Woodson-Stamps, RDH wants to know “how well do you know your heart?”

Heart disease is still the #1 killer of women, claiming more than 7 times as many lives as breast cancer. Take the quiz below to learn how to keep yourself safe.

1. Which of the following symptoms associated with heart attacks is more common in women than Men?

- a. Shortness of breath
- b. Unexplained fatigue
- c. Cold sweats

2. Pick the skin condition that may signal an increased risk for heart attack.

- a. Psoriasis
- b. Acne
- c. Eczema

3. Your menstrual cycle may be a red flag for heart disease. Which of the following is cause for concern?

- a. Irregular periods
- b. Long cycles (30 days or more)
- c. Short cycles (26 days or less)



How well do you know your heart?



Ways to protect your heart

- 1. Load up on Magnesium like cooked spinach and pumpkin seeds.
- 2. Eat more healthy Omega 3- fatty acids from olive oil and nuts

Answers on

pg. 3

President's Corner

What matters most in perfecting the profession of Dental Hygiene are the patients. In the past, Dental Hygienists were viewed in the dental office as nurses who cleaned teeth. Today, that function has been expanded. In many states the RDH may deliver anesthetics, place and carve filling materials, temporary fillings and periodontal dressings, remove sutures, and smooth and polish metal restorations.

The RDH have the opportunities to work not only in private offices but community clinics, hospitals, university clinics, research centers, prisons, schools and nursing homes. The RDH may work as a public officer, clinic administrator or work in a variety of local, state or federal programs as well as teaching in clinical and/or classroom settings.

In the State of Michigan, Registered Dental Hygienists may hold a seat on the subcommittee of the Board of Dentistry. The function of these hygienists are to address issues impacting the profession, set licensing guidelines, assure CE requirements are met by licensed dental hygienist and manage disciplinary issues.

As you can see the dynamics of the profession has changed. Dental Hygiene is a very well respected profession. It is a profession of selfless individuals giving of themselves to better treat and educate the world on dental disease prevention and oral health promotion; which enhances total body health. It is a profession that bridges the "access to care" gap between the wealthy and the underserved and that is what matters most.



MELANIE CONNER, RDH, MS
PRESIDENT, WDHS



**“PERFECTING
THE
PROFESSION”**



ACE: We can get behind!

Oral **D**isease **P**revention is universally beneficial and is something we can get behind!

ACE is happy to take action in building a stronger community and provide people and families with an improved standard of Healthy Oral living.

ACE (WDHS Oral Health Committee established to address Oral Health disparities and access to care issues among the underserved and uninsured residents in Wayne, Oakland, Macomb and Monroe counties in Michigan) has planned it's first walk -a- thon with proceeds going towards an **O**ral **H**ealth **F**air.

Our goals are to educate and provide resources to the underserved and uninsured population in the **D**etroit tri-county area.

Looking for ways you can help?

Register to walk!
Complete a pledge sheet!
Sponsor a refreshment station!
Volunteer on Walk day!

Email us at: ace.wdhs2013@gmail.com

Article submitted by: Donna Poole, RDH
ACE chairperson

WDHS/ACE: Access to Care & Education is hosting its 1st Annual Fundraiser "Stomp-Out Early Childhood Decay"

Saturday, August 31st 2013 at

Belle Isle Park, Detroit

Registration 9am

Walk starts promptly at 10am

Tot Trot free for children 11 and younger starts at 11am ending with [Michigan Child ID Program](#), refreshments and face painting.

Walk a Mile, Save a Smile!

cont.

Answers: 1. (b) 2. (a) 3. (a)

For more information see the June 2013 issue of Oprah Magazine, p. 56 or visit Oprah.com article submitted by: Gail Woodson-Stamps, RDH



Legislative Update:

Barbara Seldon, RDH, Med



On May 9, 2013, I had the grand opportunity to attend the NDA/NDHA “Day on Capitol Hill”. The purpose of this day was to meet with state legislators and discuss issues pertinent to the dental profession.

Two major issues were discussed. The first is why all dental services are not included in the Affordable Care Act, and secondly, the need for a national campaign to support the inclusion of water fluoridation in every community in the United States. The PEW foundation, on that day also partnered with NDA and presented a workshop that emphasized the need to expand access the dental workforce in order to reduce the disparities in oral health care delivery and to discuss ways to campaign to get water fluoridation accepted as a viable way of reducing dental caries.

The PEW Trust is an organization with over ninety-five programs of widely varying natures and they have a five year old program called the Children’s Dental Campaign. They are engaged in efforts to assist in advancing initiatives such as the exploration of workforce models to address access to care for our patients and water fluoridation.

They are interested in an organization such as the NDA and NDHA which have a well recognized history of community service and advocacy for the underserved.

It was Decided that:

Those who need care the most are the least likely to get it.

- There is a shortage of providers willing to serve those with the greatest needs.
- More than one third of Americans do not have dental coverage.
- The cost for untreated oral health results in missed work, school, poor nutrition, and a decline in overall wellbeing.
- Since there is no real safety net in the U.S. many people turn to the emergency room for care.
- In order to provide access we must increase the number of providers of the dental team to include dental assistants, dental hygienists, and dentists, and any new type of dental provider often called the mid-level provider or dental therapist, restorative dental hygienist, or advance dental hygiene practitioner.
- The oral health care in America is currently designed around the needs of the dentists rather than the needs of those who are underserved.
- Medicaid needs to expand dental care coverage for adults and consider new ways to encourage dentists to treat people with Medicaid.
- Insure that all people get preventive services and education they need to maintain oral health.
- Fluoridated water is an inexpensive and a smart strategy to control dental caries. It benefits people of all ages and income groups without them having to spend more money or change their personal habits.

Oral health professional must learn to effectively speak about water fluoridation to counter anti-fluoride claims.

In summary, our legislators and the PEW Foundation agree that children’s health, education and future economic success suffer when they do not receive dental care, more work needs to be done to have total inclusion of dental care in the Affordable Care Act and organized dentistry and dental hygiene needs to become proactive on these important issues.

Thank you to all who attended Our Annual CEU Program “Dental Care Moving Forward” on Sunday, April 28, 2013. I hope that you found our courses informative and worthwhile. As professional dental practitioners, it is important to continually improve our skills, knowledge and be well informed of developments in Dental Hygiene. I believe that our speakers succeeded in giving us meaningful information that we can apply at work and beyond the seminar.

Here is what a few of the registrants were saying about our CEU Program...



- *“Interesting, variety of topics’ relevant to our profession. It kept our interest and was fast moving.”*
- *“I felt that the entire course was very informative.*
- *The information was interesting and very helpful.*
- *I liked how there were different topics and the material was interesting and useful for our patients and practice.*
- *Location was great and easy to get to.*
- *“Very Pleased!”*
- *“All very interesting and applicable”*
- *“Awesome! Awesome!”*
- *“Great Topics!”*

Pat Robinson, RDH, BS
President-Elect/Continuing Education Chairperson



Wolverine Dental Hygienists' Society

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Visit us at: www.wdhsonline.com

Thank you to everyone who contributed to our newsletter.
Barbara Thompson, RDH, BS. Editor