

WDHS



President's Message

Patricia Robinson, BSDH
President WDHS

September 2013

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Together Everyone Achieves More

It is a privilege to be elected as President of Wolverine Dental Hygienists' Society for the next two years.

As we embark on this journey I am so honored to be a part of this incredible organization.

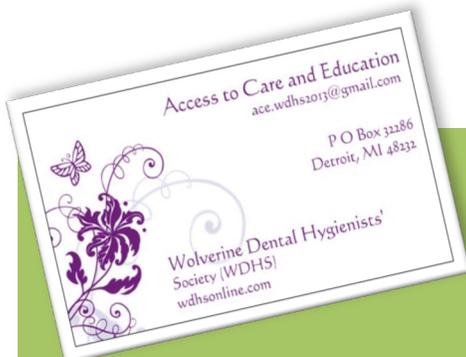
I look forward to working together with such a fantastic society of Hygienists' and new executive officers and committee members.

During the summer months I have been fully engaged in exploring ideas for members to stay connected to the latest information that impacts our noble profession.

In the future to come, with mutual involvement I look forward to building professional relationships, participating in recruitment, advancing communication channels, increasing public awareness and to be a guiding light for the inevitable expansion and advancement of dental hygiene.

Together as a TEAM, I look forward to a successful year representing and supporting each member. At the same time working to encourage others to join so we can grow and strengthen our profession.

Sincerely,
Patricia Robinson, BSDH
WDHS PRESIDENT
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Access to Care & Education 1st Annual Walk a Thon

5K Walk "Walk a Mile, Save a Smile" was a success.
See page 3 for details!



Chronic Inflammation and Overall Health

by Tamara Carter, RDH

Most people know that maintaining healthy teeth and gums is a necessary step in achieving overall wellbeing. In fact, now not only dentists encourage brushing and flossing, but many physicians also promote oral hygiene as a way to help keep the rest of the body healthy. Several research studies have suggested that gum disease may be associated with other health issues, including heart disease, stroke and diabetes.

Researchers now suspect that the more severe symptoms, namely swollen, bleeding gums; recession and bone loss may actually be caused by the chronic inflammatory response to the bacterial infection, rather than the *bacteria*.

Many of the diseases associated with periodontal disease are also considered to be systemic inflammatory disorders, including cardiovascular disease, diabetes, rheumatoid arthritis, kidney disease and even certain forms of cancer, suggesting that chronic inflammation itself may be the basis for the connection.

~American Academy of Periodontology

Now that we know the chronic inflammatory response is the suspected root cause, how do we control it? Always start with nutrition. Eat balanced meals of anti-inflammatory foods.

Cruciferous vegetables include broccoli, cauliflower, brussel sprouts and cabbage. Fermented cabbage (sauerkraut) is my new favorite! Not only is it an anti-inflammatory powerhouse, fermented foods have the added benefit of probiotics which are good for gut health and balance. This is not that cabbage in a can!

Cold water fish including salmon, tuna and sardines. These foods contain Omega 3 fatty acids.

Blueberries have the additional benefit of lowering cholesterol, as papayas also contain the enzyme papain, which aids in digestion and protects against colon cancer.

Sweet potatoes as a complex carbohydrate can help even out blood sugar levels in diabetics.
~ WebMD

Start with nutrition.

The foods you eat can either heal you or kill you.

How could you help your patients who suffer many of these diseases?

Start the conversation.

I can be reached for more information on achieving better health through nutrition at:

Retiredby46@gmail.com



Greetings from Dr. Tracye Moore, President
National Dental Hygienists' Association

Congratulations and welcome to a new year of leadership within the Wolverine Dental Hygienists' Society!

As President of the National Dental Hygienists' Association, you as officers will be faced with many challenges such as: increasing your membership; reactivating old members; motivating current members into action, and raising money for scholarships. These minor obstacles can be surmounted with dedicated, determined, driven, and diligent officers who can transform the WDHS from greatness to excellence through motivation and inspiration. You are leading the younger generation of dental hygienists and all of you serve as role models and mentors for each other as well as dental hygiene students. The focus of your efforts should be on increasing diversity within the dental hygiene profession and passing the torch of an organization created for the professional development of African American dental hygienists on to future dental hygienists.

The fact that WDHS has been established since 1972 demonstrates your unwavering commitment to change and your vision of dental hygiene scholarship, leadership, mentorship, and community engagement. In closing, I commend you all for undertaking the difficult role of an officer while balancing family, social activities, volunteerism, employment, and other various responsibilities. God will bless you for the sacrifices you will make (or have already made) for the continual improvement of WDHS.

I look forward to seeing all of you in New Orleans in 2014!

Warm Regards,

Dr. Tracye A. Moore

President

NDHA (2013-15)

"You must be the change you wish to see in the world." -Ghandi





ACE: Walk a Mile, Save a Smile

Donna Poole, RDH Chairperson, Access to Care and Education

Team: Sheila Davis, RDH Treasurer,

Yvonne Gilead, RDH Secretary,

Jennifer Sherman, RDH Corresponding Secretary,

Barbara Thompson, RDH Keisha Parks, RDH

Sonya Taylor, RDH and Dee Cato, RDH.

Access to Care and Education (ACE) hosted its first Walk a Thon "Stomp Out Early Childhood Decay" to raise awareness about Early Childhood Caries (ECC) on Belle Isle, July 31, 2013. The committee consisted of eight dynamic and committed dental hygienists: Deorpha Cato- our source of strength and educator, Sheila Davis- our confidante and banker, Yvonne Gilead- legal advisor and secretary, Keisha Hollis- worker butterfly and make-up artist, Jennifer Sherman- organizer, event planner and IT superstar, Sonya Taylor- our worker bee and marketing superstar, Barbara Thompson- our diva diplomat, and face painter and myself Donna Poole- committee chairperson.

ACE committee members spend many hours meeting, brainstorming, planning, preparing, laughing and working out the details of our Walk a Thon. As weeks passed the walk a Thon became more than a vision, but a reality.

At 10:00 am the ribbon was cut and the walk began. It was a perfect day for a walk in the park. We were not alone; We received lots of love and support from Dentist, Colleague, Dental Assistants, family, friends and newcomers. Because of all the support we received, ACE will be able to host an Oral Health fair during Children's Dental Health Month, February 2014. One of our goals is to place a face in the community, share our profession and educate the public about preventive dental health care for the entire family.

On behalf of the ACE committee, I would like to acknowledge some of our Sponsors: Better Made Potato Chips, Delta Dental, Everest Dental Assistant Students, Gault Race Management, Johnson & Johnson, Mason's Michigan Child ID program, Michigan Community Dental Clinic, Oakland County Dental Hygienist Association, Patterson Dental, Wayne County Community College District Dental Hygiene students, and The

Tax Experts.

For a complete list of sponsors, visit our website: wdhsonline.com

"Thanks to everyone that believed in our dream. Thank you for your support, time, donations and well wishes. Your actions have shown true concern and support for the people in our community (our neighbors, our children, our future)!"

Donna Poole, RDH

WDHS-ACE Chairperson

Would you like to join ACE?

Email us at:

ace.wdhs2013@gmail.com





In addressing the needs in dentistry, the dental profession should:

- Continue to expand the scope and authorization for hygienists, particularly in public health/low-income settings. Provide financial incentives (e.g., tax credits) for dentists to use hygienists in this capacity.
- Achieve licensure-by-credentials for dental hygienists in all states.
- Advocate for direct reimbursement to dental hygienists and for access-related services such as case management.
- Expand the number/size of federal (NHSC) and state loan repayment programs for dental hygienists that stipulate clinical or administrative service to underserved and underrepresented populations.
- Revise dental hygiene school admission requirements to favor admitting an increased complement of students interested in public service and students from underserved and underrepresented populations.

Article submitted by:
Barbara Seldon, RDH

There are some compelling facts about the dental delivery systems that needs to be addressed. It is clear from the statistics that the traditional models of dental delivery systems do not work. A more modern, dynamic, creative, and inclusive model needs to be designed to meet the future and growing needs of all populations in the United States. Private practice as a primary dental care delivery system is lacking in its provision of dental care to all populations. Dental hygienists have the fundamental knowledge and skills and are a ready source of help in meeting the needs.

Employment for all dental hygienists will swell nearly 40 percent by 2020, which is faster than the average growth rate for most professions.

In 2010 there were 181,800 and that number should increase by 70,000 new positions.

The gender and racial/ethnic distribution of dentists and dental hygienist is among the least diverse of the health professions and far from equals the overall composition in the nation's population.

Although minority health professionals are more likely to practice in minority (underserved) communities, they represent only a small portion of the total dental workforce.

For example, of all active dentists, just 14% are women, 3% Black/African American, 3% Hispanic/Latino, and under 1% Native American. 95% of RDH are non-Hispanic White, 3% Black African American, and 1% Hispanic/Latino; 99.1% are female. According to the ADHA National Membership census survey, 57.5% of dental hygienists' are between the ages of 35 and 55; only 9% are above 55 years of age. There has been a marked decline in the supply of dentists in recent years, and a projected decline in dental school graduates; this rises major concerns about the adequacy

of the dentist workforce to address unmet oral health care needs. The dentist workforce is aging, with a significant portion expected to reach retirement age in the next decade. About 35% of all practicing dentists are older than age 55. By the year 2014, the number of dentists retiring is estimated to exceed the number of students graduating from dental school.

About 90 percent of all dental professionals primarily provide care in private practice settings (small businesses) to those patients able to fully pay for their care out of pocket and/or through private insurance. Less than 5% of all dentists specialize in pediatric dentistry.

The Small and Declining Public Health Dental Workforce (as a recognized specialty by the ADA) remains a very small group. In 2000, the U.S. Surgeon General released *Oral Health in America*, which summarized the state of the nation's oral health. In that report, it was noted that "the public health infrastructure for oral health is insufficient to address the needs of disadvantaged groups and integration of oral health and general health programs is lacking."

Currently there are 335 entry level dental hygiene programs in the United States, 55 degree completion programs, and 33 masters in dental hygiene programs. Applications are increasing with the dramatic increases in the number of new dental hygiene education programs.

The statistics also indicate that there is a great need to re-design, demonstrate and evaluate new dental practice alternatives programs that may better address issues of community/population health and disease management, particularly for low-income and underrepresented populations. I have just a few suggestions that if implemented, immediately, will go a long way in helping to solve the unmet needs issues in dentistry.



Congratulations to our new Executive Board

Patricia Robinson, President
Sonya Taylor, President Elect
Tabitha Forrest, Treasurer,
Yvonne Gilead, Secretary

Please take a moment today and renew your membership, visit our website for membership applications and much more:

wdhsonline.com

Barbara Thompson, RDH, BS Editor

Wolverine Dental Hygienists' Society

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