

Third Quarter 2006



PO Box 28817
Bellingham, WA 98228

MBDHS Website: <http://groups.msn.com/mountbakerdentalhygienistsociety>
will soon be moving to Mount Baker Dental Hygienists' Society www.mbdha.org

Register Now!!

Sept. 22nd—MBDHS Fall Conference at the New Skagit Ridge Hotel, 9 am to 5 pm. Learn the pharmacological effects of herbals and other supplements on your patients' health. Explore yoga techniques with an emphasis on preventing and managing injuries unique to dental hygienists.

Nov. 3—Local Dental Health Forum at St. Luke's Health Ed. MBDHS and the Mt. Baker Dental Society are partnering to bring you this continuing education opportunity for the whole office team! Several specialists share important updates. SEE MORE INFORMATION INSIDE

Fluoridation Success...One City at a time
Port Angeles' water supply became fluoridated in May!!
WDSF provided a \$260,000 grant to build the Port Angeles fluoride treatment facility.

Skagit Valley Pursues Fluoridation

Much of Skagit County will be voting this fall on an advisory Ballot that would help county commissioners decide whether to fluoridate drinking water in the area of Judy Reservoir. This includes Mt. Vernon, Burlington, and Sedro Woolley. Rhonda Roach, one of our MBDHS members from Mt. Vernon, has volunteered to help coordinate the dental hygienists in this effort. If you would like to help, please contact Rhonda at 360-848-1528. Stay tuned for an informational meeting in the Skagit area for volunteers.

The President's Message



Hi Everyone!

Ending another productive and fun year of MBDHS, I looked forward to taking the summer off and sitting back!! HA!! How realistic was that? As MBDHS President, Job Placement and CE Chair -- as well as Education Co-Chair for WSDHA--I was quickly reminded after my return from vacation, how many important aspects of all these positions there are, and that planning needs to happen now! Am I nuts?? Am I just not able to ever say NO!?? Do I not have enough to do with working and volunteering at my kids' school?? Actually the answer to all of this is "Yes". But because I have such a passion for all these things, I don't want to let any of it go until someone else is willing to jump in with both feet! Will burn out occur? It may, but I can only hope others see the personal gratification and value of being involved with a great association of hygienists!

It has been such a neat thing to watch our component be "reborn", and then come alive again 3 years ago under Nona Groesbeck's great leadership. While WSDHA has always strived to serve and achieve only what is in the best interests of hygienists, ultimately the drive for the SHOUT Initiative, in my opinion, was what turned many hygienists off-- and away from seeing the importance and need for being a life-long member of WSDHA. For some, there may exist an ugly scar that keeps them from seeing the value and need to attend meetings and be involved, or the importance of maintaining

(Continued on page 4)

From the Past President



As my term as president comes to a close, I have been reflecting back on what a great year MBDHS has had! We have donated to or been involved with the Birch Bay Teen Shelter, Bellingham Families for Fluoride, the Whatcom County Oral Health Coalition, donations for sealants for needy kids, Sealant Day, The Boo at Bloedel, Senior care, dental hygiene scholarships, Why-PAC, Legislative Day, Circle-K, and various CE classes and presentations. There is probably more that I haven't even included!

Originally, I had planned on personally thanking everyone who has helped our component during my term, but as I started putting together the list, I realized that I don't have enough space to thank everyone, and that I have probably not given proper credit to everyone who has contributed to making MBDHS what it is! So, please know that for everyone who has helped me this year, THANK YOU! Our current and past board members have worked the closest with me, but I know that so many others contributed as well. We truly have a great team of professional, enthusiastic hygienists that donate time and money selflessly. You are what make MBDHS great!

So enjoy your summer off! You have deserved it! And let's look forward to another great year with MBDHS! **Thanks again!**

Erica Larsen, RDH, BS

Job Opportunities

Dr Yaremko's dental office is seeking a friendly, caring Hygienist to join our team for one day/week for now. This is a high quality crown and bridge, general practice that does a lot of perio maintenance and scaling. We use most forms of comfort control from Dyclonine, Oraqix, anesthetic, N2O, and sedation. Please call La Donna at 360-734-6620, or talk to Sue Smith who has worked in this practice for 20 years.

Great opportunity in a growing practice for an energetic and personable dental hygienist. Modern **Burlington Family Dentistry office** with great doctors and staff. We are looking for a Saturday Hygienist 8-2pm

Fax resume to Kim: 360-755-9384.

Bellingham Technical College will be looking for a Friday hygienist starting in the fall. Hours are 8-2 with lunch from 11-12. Erica Larsen worked this position last year and really enjoyed it. You can contact her with any questions or Jenny Shuler directly @ 752-8408 regarding the position.

Dr. Zosel, Periodontist, is looking for a part-time RDH for Tuesdays and Friday mornings starting mid September. Call 734-6967.

Hygienist needed 2-3 days a week for **Dr. Kuzma**, General Dentist, 3001 Commercial Ave., Anacortes. Call (360)-588-9216 and ask for **Kris**.

Around the Country

Access to preventive dental care is improving around the country. The California legislature is currently looking favorably on bills that would create a separate dental hygiene board, and remove supervision of hygienists in that state. This follows several years of successful pilot projects. Several states, following Washington's leadership, now allow hygienists to work without supervision in public health and institutional settings, and an increasing number of states allow expanded duties. Colorado has no supervision requirements, allowing hygienists to provide oral health care in all settings. ADHA is working with legislators in Washington DC to create the ADHP, the "Advanced Dental Hygiene Practitioner", similar to a dental nurse practitioner. The ADHP would be especially valuable in offering dental care in underserved areas, and to low income individuals currently without access to care. The advisory board for the ADHP curriculum includes dentists, physicians, educators, public health officials, and others. ADHA continues to work toward self-regulation, maintaining standards of care, increasing reciprocity for licensing between states, and offering increasing member benefits.



Meet your MBDHS Membership Chair

MBDHS is pleased to welcome Donna Eli as our new Membership Chair. She brings her sunny smile and cheerful personality to help us all enjoy our time together as we meet for learning opportunities and the business at hand. Donna lived in Arizona all her life until moving to beautiful Birch Bay two years ago. Her husband, Jim, is a pilot. She has two sons, Ryan 22 and Kenneth 20. One lives here and goes to Bellingham Tech. The other is here for the summer, but lives in Tucson. Their family pets include two minidachschunds, Chewy and Chopper. Donna attended dental hygiene school at Pima College in Arizona. She currently works with Dr. Don Walters, Dr. Gary Tetrick, and is temping occasionally for Dr. Dahl. Her family enjoys boating, and skiing, and she loves to garden. Right now she is training for the **3-Day Breast Cancer Walk** in Seattle which is the end of August. Contact Donna at donnaeli@earthlink.net or 360-371-3012 if you have ideas to help us serve our members.

Expand Your Horizons with a BS Degree from EWU

EWU's degree completion programs provide an opportunity for the dental hygienist to explore teaching, research, public health, and resume/vita writing. Sites include three community colleges in Washington: **Shoreline Community College**, Pierce College and Clark College. These programs are for practicing dental hygienists who want to complete their bachelor's degree. There is no clinical component required. The programs at Shoreline and Clark are part-time over a period of two years. The program at Pierce College can be taken in one year full-time or two years part-time. The degree completion program at Pierce College is also being offered televideo to either Columbia Basin Community College or Yakima Valley Community College, based on attendance numbers.

The program schedule allows for the hygienist to continue working up to four days per week as the courses are held one to two evenings each week. There is some web-based coursework, as well as televideo coursework involved; also an occasional Saturday is required.

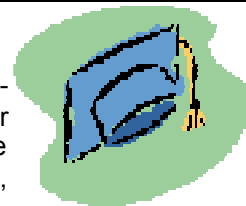
Anyone interested may contact:

Shoreline Community College Karen Barter
(kbarter@comcast.net)

Pierce College Monica Hospenthal
(mhospent@pierce.ctc.edu)

Clark College Brenda Knutson
(bknutson@clark.edu)

Or the website: <http://www.ewu.edu/x6780.xml>



Thank you Mt. Baker Dental Hygienists' Society for helping Bellingham School District students prevent dental caries!

MBDHS donated money to provide sealants for these Bellingham School District students. These children also received a prophylaxis, fluoride varnish treatment, oral health assessment, parent consultation and follow up information about available community and state resources at no charge from Cecily Fosso of Preventive Dental Services Inc.



Above: This brave kindergartener's mom was very appreciative of Mt. Baker Dental Hygienists for the Sealant Scholarship! She made sure he understood and was able to receive treatment.



Above: This Lowell Elementary second grader is enthusiastic about oral health. She enjoyed having preventive care at school and hopes to have restorative care for primary teeth soon! Her mom works hard at her own day care.



Right: This young man was so grateful to have all of the stain removed from his teeth and to receive preventive sealants.



Donations Needed for Care of Women, Infants, and Children

Starting in July of 2006 Cecily Fosso (Preventive Dental Services, Inc.) will be working in agreement with Whatcom County Health Department to provide preventive oral health services to pregnant women and mothers enrolled in WIC, (Women, Infants, and Children) a federal nutrition program and other Health Department programs. Services will include intra-oral and extra-oral screenings, visual oral health assessments, oral hygiene education, oral prophylaxis, and referrals for emergency restorative care.

Mt. Baker Dental Hygienists' Society hopes to kick-off the start-up of this endeavor by donating unused samples and supplies. **A list of desired items follows:**

Gloves (all types and sizes)
Tooth Brushes (infant, child, and adult)
Prophylaxis Paste (all types)
Disposable Prophylaxis Heads (cup or brush)
Floss and Interproximal Cleaning Aid samples
Fluoride (all types in date)
Oral Hygiene Education Brochures and/or Models
Scalers (all types in good shape)
Ultrasonic Scaler tips
Ultrasonic Scaler Unit (working or repairable)
Supply Carts or Trays
Sterilization Pouches or Bags
Surface Disinfectants (wipes or spray)
Barrier Bags and Covers
Infant and Toddler Toys (new quality)
Patient Bibs and Towels
Trash Bags and Lunch Size Sacks
Paper Towels and Tray Liners
Blank Appointment Reminder Post Cards
Notebooks.....Etc..

Your generosity will help give this much needed program a boost and clear some clutter from your hygiene operatory at the same time! Please give your donations to a Mt. Baker Dental Hygienists' Society board member, to Nona at Dr. Todd's office (3628 Meridian, Ste. 1-C), or drop them off at Classic Health Apparel, 809 W. Orchard Drive Suite 5 in Bellingham. Cecily can be reached at 647-7766.

Thank You!



Dear Mt. Baker Dental Hygienists,

My classmates and I came to Bellingham and walked neighborhoods to help you with your fluoride campaign. We learned a lot from that experience. We share your passion to reduce oral pain and suffering, and to reach low income populations. **Now we need your help.** Three of us will travel to Belize this summer with ProWorld and work there providing oral health education, exams, and some cleanings! We will be there from August 19th to September 3rd and we will be traveling with other nursing students, medical residents and physicians from the area. We will be the only three oral healthcare providers going, so we will be working hard and helping a lot of people! We are just thrilled for this opportunity. However, we need to do some SERIOUS fundraising between now and then. We will put together some oral health kits (TBs, TP, floss, fluoride rinse, etc.) to take down with us. The trip, *without* supplies, will cost us \$2,500 each. Any financial support would be GREATLY appreciated!!

Sincerely, Melissa Dudley, SCCC DH Student
253.670.5173

Please make checks out to MBDHS and note
SCCC/Belize. Send to MBDHS at PO Box 28817
Bellingham, WA 98228

(Presidents message, cont. from pg 1)

their membership through annual dues.

It is so different now folks! If you are reading this, you care about your profession! I hope you will consider it time to come back and support the organization that assures a positive future for the career you care so much about. If you think involvement includes Dentist bashing and/or finding ways to conspire or “get back at them” for their continued quest to want to train dental assistants to do our jobs cheaper, or to keep us under *their* wings by continually denying our requests to reach out to underserved populations, then it is time to come back!! While we all are aware of this political tension, politics likely aren’t dealt with or felt in our daily office settings--or we probably wouldn’t be working there!! I love the dentists and hygienists I work with daily! Do you remember the excitement and zeal we had for going out into the REAL world after graduation and Boards? Look how far we have come since then! Think of the time we spend daily and yearly to keep our license and ourselves current so we can best serve and provide for our patients the best care. I am in a constant quandary as to why any licensed hygienist wouldn’t *want* to be involved and proudly call themselves a member of their professional association.

Did you have a bad experience early on in your career that keeps you away? All too fitting is the analogy of a fearful patient taking baby steps back into a dental office after years of putting it off due to a negative past, possibly childhood, experience. We would love to just tell them it will be OK, that they have found a great office to come back to. But ultimately, we must show them over time and prove this office, like our organization, is as great as we say it is!! Your association is no different! We can be trusted! It’s a safe and positive place that benefits and is here for *all* of us! Isn’t it amazing, how long those negative childhood experiences hold these patients hostage??!! Don’t you think it’s time to check out your local component again?? Your attendance and participation at meetings and CE is definitely supportive, but so is simply paying your membership!! And membership has its privileges you know! In fact an association membership gets you quite a lot these days!! (Visit www.wsdha.com to see for yourself!!) Membership is invaluable on a personal level, and on a professional level as well! **When I recently asked my employer if he was a member of his Dental Association his answer was a resoundingly simple “Of Course! Why...aren’t you??”** I am proud to say I am -- and always have and will be, through thick and thin! If you haven’t or aren’t already, get back on board! Floating on a small boat in a big sea by yourself is never as fun or safe as floating in a big boat with many that share common interests and problems you may be facing alone. Let MBDHS and WSDHA earn your trust, make new and lasting friendships. Get CE at a reduced rate. Get in on invaluable and helpful resources whenever you’re in need. Most importantly, support those who currently find the time, energy, and willingness to “work behind the scenes” and on the frontlines to keep your dental hygiene profession reputable in the public’s eye and keep you making a difference now, daily, AND in your future!!

In chatting recently with Anne Guignon, a sought after dental hygiene lecturer, she commented that the topics of lecture

haven’t changed much over the years. Speakers just keep presenting the same topics. What changes are the ways we choose to approach these same topics, and what we do with the new products and tools that come our way. It is easy to fall into complacency doing what we do daily, but sharing new perspectives and “tricks of the trade” with other hygienists is an easy way to spice it up! I love my job and what my dental hygiene career has given me. I love to expand and the feeling I have inside when I take a chance and try something new, especially when it works and I’ve been successful! We can still continue to open new doors and keep a positive outlook into our future, but it cannot be done alone. It requires going out on a limb and joining or continuing to maintain your WSDHA membership each year. Don’t ride on the tails of others and wait for results! Ensure and rightfully own great results by banding together with your colleagues and supporting one another through ADHA Membership!

Together, as a larger association of hygienists, we can stand out and be recognized for our tireless efforts in achieving and assisting people with optimal overall health.

Are you still feeling as proud and accomplished as you felt way back when you graduated and passed the boards!! Or has the great salary, the reputable public’s perception of our profession, or your career independence or job flexibility been forgotten and ultimately now taken for granted?? Our goal as an association of hygienists isn’t to work *against* the dentists we work with and respect! *Our quest is to instead find ways to better partner with each other (including the dentists) in order to achieve and provide the best for our patients.* If you’ve left or let your membership lapse or are thinking about joining for whatever reason, come back and give your Dental Hygiene Association another chance!! It is **positively** fun and what’s best for *all* of us!! We live and learn through what works and what doesn’t. Come place your stake in your future
W e N e e d Y o u !

Thank you to our faithful core group, that has again stepped up to serve or serve for the very first time on the MBDHS Board. Thank You Erica for leading us so well as President. Now you must go and have that baby!! We will miss having you at meetings for awhile, but know you will be back and greatly supportive of the goings on till you return! Nona Groesbeck will be involved locally to a lesser degree due to our good fortune of having her leadership and talent on a larger scale. She will be taking her post as WSDHA President this Fall!! Go Nona!!

Hey, how great would it be to attend the first **Local Dental Health Forum** of its kind with your whole office?? It is brought to you by *yes* our MBDHS *and* the MBDS! Save the date for a day of good food and great CE. Together, let’s look toward a future of partnership for the sake of health and prosperity! I will look forward to seeing you all in the Fall! Who knows what the next year will bring!

Sincerely,
Sandra Carlson, RDH

Membership A Click Away!

The ADHA website has been reconstructed to offer **“Real Time”** membership renewal, and links to many helpful sources of information at www.adha.org

Mount Baker Dental Hygienists' Society

Current Line Up Of Events (As Of July '06)

**Mark Your
Calendar!!**

September 12th Board Meeting.

NEW location: Barkley Village Haggen Food Court

September 22nd 2006 Fall Conference

Kristy Menage Bernie RDH, BS RYT and Michelle Hurlbutt RDH, BS present
Advancing the Art and Science of the Profession Through Yoga and Out Of the Garden
Location: The NEW Skagit Ridge Hotel~ 9am to 5pm (5 CEU's).

Be Among the First 50 to Register And Receive A Free 1 1/2 hour Practice Session!!

Contact Sandra Carlson at theCarlson4@netzero.net for a registration form or more details.

October 12th Board Meeting.

Barkley Village Haggen Food Court~ 6pm

October 20th: The WSDHA Welcomes back the legendary **Dr. Esther Wilkins!**

"Rethinking Dental Caries: Research and Applications for Practice" 12pm-4pm with lunch.

Please contact Gene Patterson at 425-771-3201 for further details and exact location in SeaTac area.

November 3rd- The Local Dental Health Forum: Partnering with the Mount Baker Dental Society we are excited to host the first of this type of local event. Plan to attend with the whole office team or as an individual. This forum will feature our local specialists presenting an array of topics designed to engage the entire dental office staff! Speakers will include 3 different Oral Surgeons, a Periodontist, a Pedodontist and a Risk Management Education mandate will be presented in the afternoon by the Nordic Dental Insurance Board. Breakfast, Lunch and Afternoon Refreshments catered by Boss Tweed are provided. Total Cost per person is \$35.00. Don't go all the way to Seattle Bring your team to the St Luke's Community Health Education Center, 3333 Squalicum Parkway, Bellingham on November 3rd. (7 CEU's) Pre-payment is required to reserve your office space at this event. Contact Sandra Carlson @ theCarlson4@netzero.net for a registration form or with further questions.

April 27-28, 2007 - Symposium for Oral Health Care Professionals, Lynnwood, WA. The line up of classes looks fabulous! You won't want to miss this, so put it on your calendar NOW.

Classes are also DANB approved for assistants.

Hands on Anesthetic Update

Instructors: Dr. DiMarco, DDS and Kim Basset, RDH

When: August 18, 2006

Location: Pierce College.

Contact Gene at (425-771-3201 or wsdha@verizon.net for details.

ABCD Training Opportunity

Interested in learning to provide preventive dental care for children ages birth-6? The next ABCD Training is planned for fall 2006.

For more information call Maggi at 676-6762 ext. 32022 or e-mail mkriger@co.whatcom.wa.us



May Fiesta Fun

Left: WSDHA President, Robin Houg, special guest speaker at MBDHS May Fiesta

Right:

MBDHS combines learning with fun at the May Fiesta at Mi Mexico Restaurant.



News Flash

Bellingham Technical College has announced its intent to start a dental hygiene program in

2007. If you have comments, please E-mail Pat pward@sbctc.ctc.edu, write PO Box 42495, Olympia, WA 98504-2495, or call 360-704-4342.

Bellingham Technical College has announced intent to begin a dental hygiene program in 2007. While Bellingham might be a good location, now is not the time.

For the last several years, it has been difficult for new hygienists to our area to find desirable full time work. Many have had to take two or three part time jobs, work in temporary positions, and are looking for more work to fill their schedule. There are currently more dental hygienists in Bellingham than dentists, and that ratio will only continue to get worse as 150 hygienists graduate each year in our state, while only 50 dentists graduate. There are already two new dental hygiene programs in the state (a total of eight programs). One of the new programs, Columbia Basin, is already having trouble finding jobs for its graduates. The other, Seattle Central Community College, will not graduate its first class until next year. These students typically spread out across the state wherever jobs are available. A recent scientifically accurate survey found that 10% of hygienists in Washington are looking for more work.

The prediction is that that the **need** for dental hygienists will continue to grow rapidly, but the employment of dental hygienists is limited by current law. As long as hygienists have current supervision requirements and laws remain unchanged, graduating increasingly more dental hygienists will only mean more unemployed or underemployed dental hygienists. That would seem irresponsible on the part of program directors. Also, in order to better meet the public's oral health needs, it is predicted that dental hygienists will perform some of the simple emergency procedures now performed by a dentist. The recommendation is that the basic dental hygiene degree will need to be at least a BS, and a masters may be needed for the more advanced dental hygiene practitioner - similar to the level of a nurse practitioner. Curriculum for the Advanced Dental Hygiene Practitioner (ADHP) is now being developed at the national level. It might be a better to put this proposed dental hygiene program on the back burner, and consider waiting for the needed changes in legislation that have to occur for hygienists to meet the growing oral health needs.

To learn more about the ADHP proposed curriculum and scope of practice, go to the American Dental Hygienists Association website at www.adha.org



Next Oral Health Coalition meeting: Tues., Sept. 19, 5:30-7:30. St. Luke's Health Education Center
3333 Squalicum Parkway

Barbara Lancaster, RDH, is Senior Advocate

Barbara Lancaster and Lesley Rigg of the Oral Health Coalition's Seniors Workgroup, spoke May 31 for the Dental Office Managers Ass. (DOMA). Barb's years of caring for her mother with dementia, and current experiences volunteering with Adult Day Health, plus her many years as an RDH, made her presentation both moving and practical. Copies of the Seniors Smiles brochure, produced with MBDHS financial support, are available from Lesley Rigg at 738-2500 or from www.happyteeth.org.

Donated Dentistry Project

A new volunteer program has begun, providing urgent care for **low-income adults**. The clinic operates on the third Friday and Saturday of each month from 9am to 1 PM at Interfaith. Patients pay for services based on Interfaith's sliding fee scale. 40 dentists have already signed up to work a four-hour shift. Thanks to Dr. Curt Smith, WSDA, Interfaith, and the Whatcom Oral Health Coalition, for providing this much needed service. Low income adults in Whatcom county have had little access to care since there is no government source of funding for them. \$11,343 in dental services has already been provided through this project. For information, contact Dr. Smith at 734-1367 or Dr. Ralph Peterson at 384-6101.

Anesthetic Updates and New Methods

Photos: Attendees listen to Dr. Art DiMarco, DDS, present a review of local anesthetics as well as new approaches in March at the Lakeway.



Review of Hepatitis C and HIV

By Carolyn Nordtvedt, RDH, BS

Mel Agan, DDS, of the Interfaith Dental Clinic, presented an update of HIV, Hepatitis C and other infectious diseases on April 7. Dr Agan discussed the oral manifestations of HIV, how these lesions are treated in the medical and dental office, and which lesions are contagious. Lesions such as oral hairy leukoplakia, aphthous ulcers, and linear gingival erythema are not contagious while Herpes simplex and molluscum contagiosum are. The most common oral condition in HIV is candidiasis which has four clinical oral presentations and is treated with anti-fungal systemic and topical drugs. HIV is not the direct etiologic agent of any oral lesion, but it is the HIV-associated immune deterioration that predisposes the patient to manifest these lesions.

Hepatitis C takes 10 to 20 years before symptoms develop. Fifteen percent of the infected eliminate the virus while the rest develop chronic cases. Twenty percent of the chronic cases develop cirrhosis (scarring) or liver cancer. Those exposed to Hep C have a 1 in 30 chance of contracting the disease while Hep B has a 1 in 3 chance of infection. A needle stick has a 1.8% chance of infection with Hep C and there is no post exposure prophylaxis.

Dr Agan also talked about Avian Flu, West Nile, and Hantavirus which are transmitted from animal to human. Avian Flu has a 35% -50% death rate and death occurs in hours. There is a risk of Avian Flu from feather products, pets and wild birds, and cleaning outdoor bird feeders.

Osteonecrosis of the jaw caused by Fosamax is another issue about which Dr Agan spoke. The bone builder taken by many women can cause the jaw to fail to heal after minor trauma or extractions, and takes 10 years to clear from the body. If there is necrosis Fosamax is stopped and antibiotics are given long-term.



Above: Dr. Mel Agan, DDS



Left: Dental professionals listen intently as Dr. Agan, DDS, reviews information about Hepatitis C and HIV.



(Left) Outgoing MBDHS President, Erica Larsen bestows a crown on incoming President, Sandra Carlson.

Below: Some of the attendees of the end of the year board meeting included (from left) Jan Crouse, Co-Treasurer; Cecily Fosso, Community Service Advisor; Harriet Ludjin, Secretary; Sue Smith, Co-Treasurer; Nona Groesbeck, Newsletter Editor; Sandra Carlson, President; and Ginny Holman, Hospitality Chair.





Mt. Baker Dental Hygienists' Soc
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