

The Bulletin Spring 2010

- Massachusetts Dental Hygienists' Association -

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President's Message



Although the calendar says its spring, the weather has been confused! Only in New England can we have four seasons of weather at one time. Despite the weather the season leading into summer has been eventful!

I am happy to share the news that the Board of Registration in Dentistry notified MDHA that the updated rules and regulations concerning the practice of dentistry and dental hygiene including the public health dental hygienist have been finalized, and will become effective August 20, 2010. We are officially able to offer the PHDH continuing education course; so keep your eyes open for future announcements. What an opportunity we have to offer much needed access to care!

This spring I've had the pleasure of visiting many component meetings, the senior class at Mount Wachusett Community College, as well as I attending several dental hygiene pinning ceremonies to present the MDHA Membership Award. My message has been "The key component to any professional association is continual development of each other." ADHA is like a puzzle, and everyone knows that a puzzle is not complete unless all of the pieces are put together.

The first piece of the puzzle is STUDENT. We all began our journey as students, with a level of energy and enthusiasm for the new profession we were about to enter. We should remember that the students are our future. Did you know there are more than 289 dental hygiene programs in the U.S.?

The second piece of the puzzle is COMPONENT. There are 375 components. Eleven in Massachusetts: Berkshire, Cape Cod, Merrimack, Metropolitan, Middlesex, North Shore, Southeastern, South Shore, Springfield Valley, Wachusett and Worcester. Components offer a local presence.

The third piece of the puzzle is CONSTITUENT, ours is Massachusetts. At a state level, we have the power to change legislation and the ability to communicate with more hygienists. The Constituent belongs to a larger group known as a DISTRICT. Massachusetts is part of District I which includes: Maine, New Hampshire, Vermont, and Rhode Island. There are 50 Constituents, and 12 Districts within ADHA.

The fourth and final piece of the puzzle is NATIONAL. At a national level ADHA maintains a database, publishes periodicals, processes dues, maintains a national website and advocates for our profession through its governmental affairs activities.

All four pieces offer unique networking opportunities, and continuing education programs, creating lasting friendships and cutting edge knowledge!

As we work together, all pieces in the puzzle, we create a 360 degree environment that supports, empowers and develops all dental hygienists at every level of their career. I encourage each of you to take an active role in our professional association – remember membership equals power!

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President's Message

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In closing, just recently MDHA sadly said goodbye to Deb Gere, our Administrative Assistant for the past three years. She will be sorely missed and we wish her luck in her new endeavors. Many thanks to Deb for her patience as we searched for her replacement, and we thank her for setting such high standards! Also, please join me in welcoming Meagan Zadroga-Nieves who will be taking over as our new Administrative Assistant on June 1st.

As we say goodbye to spring and welcome summer, remember to save the dates of September 24th – 26th, to attend our constituent “Massachusetts” *The Conference 2010 – “Endless Possibilities: Launching our Future.”* I hope to see you all there!

E. Jane Crocker, RDH

We Have New Contact Information

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The Bulletin

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Dental Hygiene Day at the State House 2010 was a Great Success

Over 100 dental hygienists and their supporters met at the Massachusetts State House on February 23rd for MDHA's Dental Hygiene Day at the State House. Dental Hygiene Day was special this year, as MDHA recognized the hard work of several individuals who have shown strong support for Massachusetts dental hygienists. Special Recognition Awards were presented to Secretary of Health and Human Services Judy Ann Bigby (not in attendance), Senator Harriette Chandler, Representatives Smitty Pignatelli and John Scibak, Dr. Myron Allukian, Jr., and Mr. David Seltz. Each was instrumental in the passage of the 2009 oral health omnibus bill, which created the new category of public health dental hygienist.

During the day dental hygienists from across Massachusetts met with their legislators to discuss MDHA's priorities for 2010. Included in MDHA's chief priorities for this legislative session are passing two bills: H-2159, "An Act Making Technical Corrections to Chapter 530 of the 2008 Session Laws" and H-2117, "An Act to Increase the Presence of Dental Hygienists on the Board of Registration in Dentistry". Dental hygienists also expressed their concerns regarding specific budgetary line items impacting adult MassHealth dental benefits and the state's Office of Oral Health.

Dental Hygiene Day provides hygienists and our supporters with the opportunity to speak with legislators and policy makers about issues of importance to the oral health community. It is also a day of outreach, as shown by the many oral health screenings performed. Several dozen students attended from dental hygiene schools throughout the state, including Cape Cod Community College, Massachusetts College of Pharmacy and Health Sciences, Mount Ida College, Mount Wachusett Community College, and Quinsigamond Community College. Students were able to perform oral health screenings, take tours of the State House, and deliver informational packets to each legislative office. Thanks to all the students and hygienists in attendance, as well as our dental hygiene supporters', we had a strong presence on Beacon Hill! You have been an invaluable asset in spreading awareness of MDHA's mission and legislative priorities to lawmakers on Beacon Hill. When legislators are drafting or pushing legislation that directly impacts our profession or our patients, they will remember your visit about MDHA's priorities. And to anyone who was not able to attend, please join us in 2011. It promises to be another great year! Read further for details about each of our legislative priority area.



**E. Jane Crocker, President of MDHA
with Rep. John Scibak**



Senator Harriet Chandler

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Dental Hygiene Day at the State House 2010 was a Great Success

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- H-2159 would make a technical correction to the omnibus legislation passed last year, clarifying that dental hygienists are permitted to make minor emergency denture adjustments in public health settings. H-2159 also clarifies what constitutes a “public health setting” in order to prevent mobile and portable dental programs from being opened by entrepreneurs and for-profit businesses. The proposed changes in H-2159 are agreed upon by the three organizations that came together to work on the omnibus oral health bill: MDHA, the Massachusetts Dental Society, and the Oral Health Advocacy Task Force.

- H-2117 would update the Board of Registration in Dentistry (BORID) by increasing the representation of dental hygienists to reflect the actual ratio of dental hygienists to dentists in Massachusetts. Currently, dental hygienists are grossly underrepresented on BORID, holding just one out of the ten seats. This does not accurately reflect the role of dental hygienists in the provision of oral care, nor does it reflect the increasing number of hygienists licensed in the Commonwealth. This bill would correct this imbalance, increasing the total size of the board to twelve members and reapportioning four seats for dental hygienists, allowing the more than 6,000 registered dental hygienists in Massachusetts to be fairly represented on BORID.

- Dental hygienists attending Dental Hygiene Day also discussed Governor Deval Patrick’s proposed budget for the coming year, which recommends cutting \$56 million from the MassHealth Adult Dental program. The Governor’s proposal will scale back services for MassHealth and Commonwealth Care members to only provide preventive care and extractions. MassHealth members will have access to restorative care only at Community Health Centers. MDHA representatives spread the word at the state house that the Governor’s proposed FY11 budget would cut dental benefits for nearly 800,000 adults on MassHealth and Commonwealth Care. These programs provide preventive and regular oral health care for children and families, saving individuals and the state money by avoiding costlier care in the future.

- MDHA representatives also noted that the state’s Office of Oral Health received disproportionate cuts in FY09 and FY10. Dental hygienists let their legislators know that it is essential to restore funding for the Office of Oral Health and the important oral health programs the Office funds, including the state’s oral health program for patients with disabilities and providing preventive and regular oral health care for children and families.



Rep. Peter Katoujian



Dr. Myron Allukian

Practice of Dentistry in Massachusetts – Updated Regulations Effective August 20, 2010

The Board of Registration's updated regulations shall be officially published (promulgated) by the Secretary of State on August 20, 2010. PLEASE NOTE that the Board's current regulations at 234 CMR shall remain in effect until that date.

To assist the Commonwealth's dental community and others affected by these regulations in preparing for implementation and compliance, the Board has posted a pre-publication copy of the updated regulations at www.mass.gov/dph/boards/dn - click on "August 20, 2010 Regulations" in the right-hand panel on the Board's home page.

Board approval of these regulations followed several years of research and discussion, lengthy public deliberations, and careful consideration of testimony gathered during the public comment period from November 2009 until early January 2010.

Over the next several months, the Board will be posting instructions, forms, and materials that conform to the requirements of the new regulations in a special section on its website at www.mass.gov/dph/boards/dn

Any questions about the regulations or their implementation should be directed to Board staff at dentistry.admin@state.ma.us. The Board will publish Questions and Answers on their website along with regular updates on preparations for the implementation of the updated regulations.



Joyce Smallcom (No. Shore). Maureen Strauss (recent Past MDHA Pres) and Mary Kellerman (Middlesex) completed a DH Mission to the Ukraine this past May.

They visited children in several orphanages under the auspices of Universal Aid to Children. Here they are meeting with (left) Dr. Oxana Denga, Chief Children's Dentist at the Institute of Stomotology in Odessa, who is starting a dental hygiene program there in 2011.

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Did You Know?

HHS Launches Oral Health Initiative

The US Department of Health and Human Services has announced an initiative to expand oral health services, education, and research. Through this initiative, the department is increasing support for and expanding its emphasis on access to oral health care and the effective delivery of services to underserved populations. The initiative will use a systems approach to create programs that emphasize health promotion and disease prevention, increase access to care, strengthen the oral health workforce, and eliminate oral health disparities. As part of the initiative, HHS agencies will emphasize a number of activities such as securing dental homes for Head Start children; developing a long-range plan to monitor oral diseases, conditions, and oral health-related behaviors in the US population; reviewing 8 state Medicaid programs to identify and highlight innovative service strategies to increase access to care; developing a national surveillance system for American Indians/Alaskan Natives; and developing online cultural competency training modules for oral health clinical providers. More information about the Oral Health Initiative is available at <http://www.hrsa.gov/publichealth/clinical/oralhealth>

American Academy of Pediatric Dentistry Encourages Parents to 'Get it Done in Year One'

<http://www.prnewswire.com/news-releases/american-academy-of-pediatric-dentistry-encourages-parents-to-get-it-done-in-year-one-for-a-lifetime-of-healthy-smiles-92991934.html>

Many parents are missing the preventive measures and specialized care needed to keep their baby's smile healthy, according to a new survey by the American Academy of Pediatric Dentistry (AAPD). According to the survey, 97% of respondents did not know their children needed to visit a pediatric dentist in the first year of life with 78% of respondents agreeing they would take their children to visit a pediatric dentist before their first birthday if they knew that the visit would result in better oral hygiene as they developed. "We were astounded that only one-third (33%) of moms considered oral health a concern for their infants," says AAPD President William C Berlocher, DDS. The survey also revealed that 88% of the moms surveyed were concerned about cavities in baby teeth but many were unsure of how to keep their baby's teeth healthy at home. Approximately 45% of moms surveyed did not regularly clean their babies' mouths, and less than one-third began brushing their children's teeth before 1 year of age. In addition, the survey found that 26% of parents felt that children only need to see a dentist in the case of a serious health problem. "We hope that these survey results serve as a wake-up call for parents," says Dr Berlocher. "Helping children grow into strong, healthy adults begins in the first year of life and the pediatric dentist is crucial to the team of physicians necessary for that growth."

RDH FACT

FREE nicotine patches for your patients through June 30, 2010! Visit www.QuitWorks.org

MDHA is on FACEBOOK...
check us out and
become a friend

**Massachusetts Dental Hygienists' Association
Presents:**

THE CONFERENCE 2010



**ENDLESS POSSIBILITIES:
LAUNCHING OUR FUTURE**

FRIDAY, SEPTEMBER 24, 2010
SATURDAY, SEPTEMBER 25, 2010
SUNDAY, SEPTEMBER 26, 2010

**NATICK CROWNE PLAZA HOTEL
1360 Worcester Street Natick, MA**

On behalf of the Massachusetts Dental Hygienists' Association, we are delighted to invite you to attend the Conference 2010 September 24th -26th, at the Crowne Plaza Hotel in Natick. This year, we are particularly excited to be offering an expanded Conference, beginning on Friday the 24th with our Public Health Dental Hygiene Symposium.

In the following pages of the program, you will find complete details on the meeting, along with the many benefits you will receive. From enhancing your professional skills and mingling with friends and colleagues, to obtaining fun, artistic and cutting-edge products from a multitude of exhibitors; this meeting has become a must-attend event.

Each year this meeting provides an opportunity for dental hygienists and other professionals to explore the most critical issues facing our profession today. The 2010 meeting will be no exception.

We would like to extend an invitation to all attendees to join us Friday afternoon at 5:00 for a chance to socialize and reconnect with friends and colleagues while enjoying complimentary hors d'oeuvres at our wine tasting. We also wish to extend an invitation to all attendees to join us Saturday afternoon at 5:00 for our Annual Reception and Awards Ceremony.

We would also encourage you to enjoy the benefits of pre-registration allowing you to attend at a lower cost and ensure you have a reserved space in the courses that most interest you.

Please consider "going green" by registering online at www.massdha.org.

We look forward to seeing you as we celebrate our achievements this past year, and as we explore the "Endless Possibilities" while Launching the Future of Dental Hygiene

Early Registration begins online June 15th

In The News

People May Be Eating up to 46 Teaspoons of Sugar Without Realizing It

(Cosmetic Dentistry Guide – April 21)

<http://www.cosmeticdentistryguide.co.uk/news/people-may-be-eating-up-to-46-teaspoons-of-sugar-without-even-realising-6911>

A study has revealed that food manufacturers are putting increasing amounts of sugar in their food products. The research project, which was recently published in the Journal of the American Medical Association, concluded that not only were manufacturers stuffing their foods with sugar, but consumers were completely unaware of how much sugar they were eating, with some people may be eating up to 46 teaspoons of sugar per day, without even realizing it. The study examined nutritional data given by 6000 men and women during the period of time between 1999 and 2006. Those with a high daily consumption were unwittingly consuming around 46 teaspoons of sugar a day, while those with the lowest daily consumption were taking in around 3 teaspoons of added sugars a day. (The study did not examine natural sugars, which are often found in fresh fruit and fruit juices.) Along with health conditions such as heart disease and high blood pressure, a diet that is high in sugar intake also contributes to oral health problems including tooth decay and gum disease. Dentists have reported an increase in the number of young children with cavities and decay, which is largely due to a poor diet that is high in sweet foods. Adults that eat a diet which is made-up of fast food and ready-made meals are also endangering their oral health and are much more likely to experience dental health problems than people who eat a healthy, balanced diet. Experts advise people to read food labels carefully and moderate their sugar intake accordingly.

Is Whitening Teeth With Hydrogen Peroxide Harmful for Tooth Enamel?

<http://worldental.org/teeth/teeth-whitening-hydrogen-peroxide-harmful-tooth-enamel/1275>

Researchers have discovered that hydrogen peroxide does not affect the surface of tooth enamel even with repetitive use, and dentists using hydrogen peroxide that consists of 38% hydrogen peroxide noted no changes in the structure of the enamel after using repeated whitening applications. However, some studies suggest that hydrogen peroxide in high concentrations can change the enamel of one's teeth by increasing their porosity. Further, the use of hydrogen peroxide in higher concentrations than 38% has been found to result in calcium loss in the teeth and demineralization; this makes some whitening systems potentially harmful to delicate tooth tissues and gums. The studies on using hydrogen peroxide found that having visits at the dentist office once every week for 4 weeks time and having a whitening session does not have any kind of effect on tooth structure, on the porosity of the teeth, or on enamel's roughness. In contrast, some over-the-counter whitening systems contain carbamide peroxide that affect the enamel of one's teeth and porosity in high concentrations.



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In The News

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The Health Risks of Smokeless Tobacco Use Deserve Congressional Attention, Advocates Say

<http://www.prnewswire.com/news-releases/the-health-risks-of-smokeless-tobacco-use-deserve-congressional-attention-advocates-say-90890479.html>

Oral Health America (OHA) participated in "Smokeless Tobacco: Impact on the Health of our Nation's Youth and Use in Major League Baseball," a congressional hearing on the use of smokeless tobacco by young people, the effects it has on oral health, and the impact of its use by professional baseball players. Speakers included OHA's former National Spit Tobacco Education Program (NSTEP®) Chairman, Joe Garagiola, and Gruen Von Behrens, an oral cancer survivor and member of the NSTEP speaker's bureau. Mr Von Behrens first started using smokeless tobacco at the age of 13 to fit in with his peers. As a high school baseball star at the age of 17, he was diagnosed with cancer and has since undergone 34 surgeries. He now travels throughout the United States, sharing his story with more than 2 million young people and collegiate and professional athletes. OHA established the NSTEP program in 1994 to reduce the use of spit tobacco and to help break baseball's association with it. NSTEP reaches out to 325,000 Little League players every year.

SAVE THE DATE

THE CONFERENCE 2010

Endless Possibilities:

Launching Our Future

SEPTEMBER 24th - 26th



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WHAT'S NEW!!!

ONLINE CONTINUING EDUCATION

Caries Prevention, Risk Assessment, Diagnosis, and Treatment

<http://www.ohiodentalclinics.com/curricula/caries>

This series of modules, developed for clinicians working in safety net dental clinics in Ohio, provide a framework for assessing patients' risk for dental caries and determining prevention, treatment, and education strategies. The modules also include information about dental caries prevention, examination, restorative treatment, and recall intervals. Two CE credits will be awarded to oral health professionals upon successful completion of the curriculum. There is no charge for CE credits.

RESOURCES

Do You Know the Impact of Health Care Reform on Dentistry?

<http://www.ada.org/2389.aspx>

The American Dental Association (ADA) has put together a timeline showing when the various provisions of the new health care reform law will take effect. This side-by-side chart summarizes the provisions affecting dentistry in the health care reform law and includes the ADA's comments and positions. A set of responses to frequently asked questions is also available.

Integrating Oral Health into School Health Programs and Policies

<http://www.dentalhealthfoundation.org/programs/school-policy-framework>

The California School Boards Association and the Dental Health Foundation have created a guidebook to serve as a comprehensive approach to oral health education policy in schools. The primary objectives are to educate school board members and communities on the critical link between oral health and academic achievement, develop a policy framework that supports local organization and solutions, share knowledge of best oral health practices in schools, encourage school-based oral health projects and partnerships in local communities, and develop a comprehensive guide to oral health community services.

Best Practice Approach Reports Released

<http://www.astdd.org>

The Association of State and Territorial Dental Directors (ASTDD) recently released two Best Practice Approach Reports, *Improving Children's Oral Health through Coordinated School Health Programs and Prevention and Control of Early Childhood Tooth Decay*. A Best Practice Approach Report captures key information that describes the public health strategy, determines the strength of evidence, and illustrates implementation with current practice examples. The report serves as a resource to share ideas and promote best practices for dental professionals.

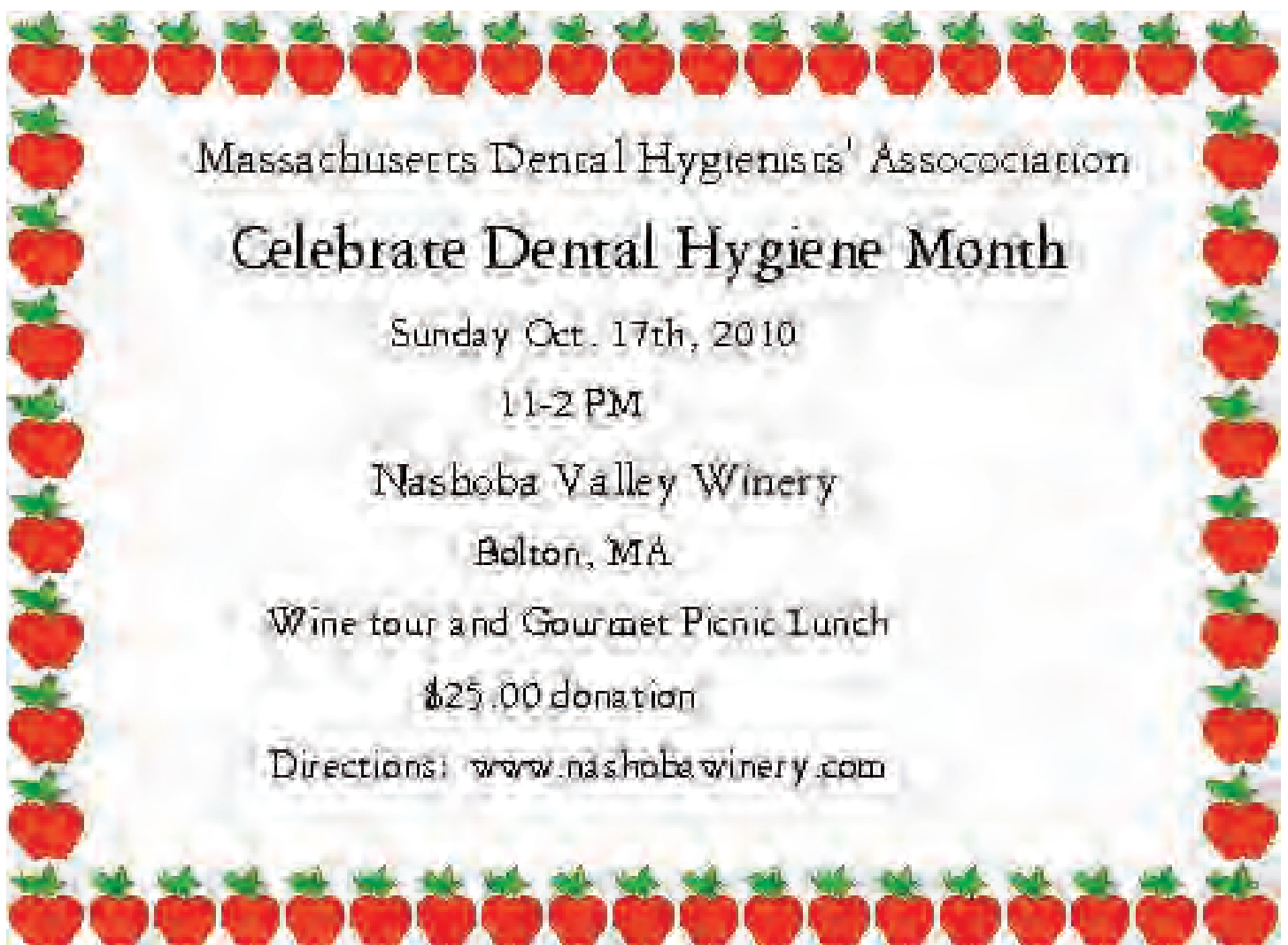
FACEBOOK UPDATES

WWW.FACEBOOK.COM/MDPHORALHEALTH

The Massachusetts Department of Public Health Office of Oral Health invites you to become a fan of their Facebook page and be one of the first to receive updates on national and state oral health initiatives, recently released reports and oral health resources.

Wonder if we'll ever move from a treatment-based system of health care to a prevention-based one?

Join colleagues in Massachusetts and around the country taking part in an active discussion on prevention and wellness at www.Facebook.com/Mass.Wellness



Massachusetts Dental Hygienists' Association
Celebrate Dental Hygiene Month
Sunday Oct. 17th, 2010
11-2 PM
Nashoba Valley Winery
Bolton, MA
Wine tour and Gourmet Picnic Lunch
\$25.00 donation
Directions: www.nashobawinery.com