

# the SCOOP

newsletter of the maine dental hygienists' association



\* winter 1993

## President's Message

I hope everyone enjoyed the Holidays. It is such a nice time of the year. For me I can't believe that my term as MDHA President is half over.

I look forward to seeing you all in Boston at the Massachusetts Dental Hygienists' Association Winter Meeting- "The Conference", January 21-23, 1993. Don't miss the District I Workshop, Friday afternoon at 4:45. The Workshop is always very informative, admission is free and 1 CEU is given to each attendee.

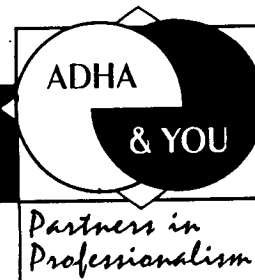
It is sad to see State Dental Hygiene and Dental Associations split up like they have in Massachusetts. I will mention that our two associations in Maine are compatible and have a reputation for being able to work together. The President of MDA, Dr. Joe Kenneally, approached me and asked if our two executive boards would like to meet to discuss the logistics of things, in hopes to try and avoid the bickering that is being carried on in other states. This is a step in the right direction and we should applaud this effort. I will keep you posted.

Plans for MDHA's Midwinter Meeting have shaped up. You'll find the program listed below to be very interesting. We will start with a short business meeting on Saturday morning. If anyone has a topic that they want to bring up or get more information on before the meeting please get in touch with me. You will be receiving the registration for the meeting in the mail soon.

MDHA's membership is growing all the time. The benefits are numerous. If you know of a hygienist who is not a member let them know why you are! Tell them what they can obtain from a membership in their professional association.

Anne Harris, RDH

**MDHA Midwinter Meeting  
Bangor Airport Marriott  
March 6 & 7, 1993**



### Saturday, March 6th

- |                |   |
|----------------|---|
| 8:00-9:00 am   | Registration  |
| 9:00-10:00 am  | <b>MDHA Business Meeting / ADHA and MDHA Update</b><br>Anne Harris, MDHA President and Susan Mercier, ADHA District I Trustee<br>Share in current MDHA and National activities  |
| 10:30-12:00 pm | <b>Maine State Division of Dental Health, Augusta</b><br>Debbie Andrews, RDH,BS, Judy Feinstein, MS and Toni Wall, BS share the roles of the Division, their activities and goals including keeping a finger on the pulse of legislation, program funding and dental hygiene resources in Maine. They will also be discussing Dental Public Health. |
| 12:00-1:15 pm  | Lunch (provided)  |
| 1:15-2:30 pm   | <b>Center for Community Dental Health, (CCDH), Portland</b><br>Explore the activities of CCDH with Joyce Duffy, including the Adult Fluoride Study, an ongoing tooth paste study and the Prenatal Fluoride Project. Learn how they were created, funded, implemented and the evaluation process. Learn how we can support these activities!         |
| 2:45-4:00 pm   | <b>MDHA Strategic Planning Workshop</b><br>Led by Susan Mercier, District I Trustee<br>Take part in the future direction of your association! You can effect the activities and goals of dental hygiene in Maine!<br>This session will lay the groundwork for Sunday's workshop.  |

### Sunday, March 7th

- |               |   |
|---------------|---|
| 9:00-12:00 pm | <b>MDHA Strategic Planning Workshop</b><br>(Due to MDHA Bylaws, members only will be able to actively participate, though all are welcome to attend.) |
|---------------|---|

**Registration information will be mailed to all hygienists January 21st.**  
**For more information contact: Marcia Weed, Meeting Coordinator, 729-5350.**

## the SCOOP



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The next issue of *scoop* will  
be mailed in April 1993.

The deadline for  
submission of articles &  
advertisements is  
March 15, 1992.

The Maine Dental Hygienists' Association is currently working on a new fund-raising project and would like your assistance. We are publishing our very own cookbook! We cannot begin work on this book without the main ingredients . . . recipes. Please share two or three of your favorite recipes, especially those with a Maine theme or ingredient (lobster/seafood, strawberries, blueberries, apples, potatoes, maple syrup). Recipes must be received by **January 31st** to assure a spring delivery.

The cookbooks will be brought to the ADHA Annual Session in Denver, Colorado and sold at the Marketplace for \$8.00. They will also be available at Spring CE Courses, Annual Meeting at the Samoset Resort and by contacting any Executive Board Member. Only a limited number of cookbooks will be printed. Reserve copies **now** for yourself, friends and family. Make checks payable to Maine Dental Hygienists' Association in the amount of \$8.00.

Thank you for your cooperation in participating in this exciting project.  
Please mail recipes and order requests to:

Alexis D'Ascanio, RDH, BS  
P.O. Box 741, Lakewood Road  
South Casco, Maine 04077

## Letter to the Editor

I recently had an experience which I feel I need to relay to my colleagues. I put my name in with a temporary agency in the Portland area. My first temp job was in a busy pediatric office. To my disgust, each patient had 30 minutes in which I was to disclose, teach proper brushing technique, teach flossing using a floss aid, perform an oral exam, debride and scale if necessary, polish, floss, administer a fluoride treatment, call in the dentist, and when all was done, sterilize the room. It wasn't very long before I found myself 15 minutes behind, then a full 1/2 hour behind. This tiny room without counter space had two chairs and with the help of the dentist's two assistants, I could bounce from one chair to the next and successfully clean 6 patient's teeth in the morning and eight patient's teeth in the afternoon and stay right on schedule!

As a professional, I soon found out that in order to keep to this rigorous schedule, I had to compromise my profession! Any dental hygienist who has pride in their work would have had to also!

I would hope that by now, hygienists respect their value as oral health care practitioners and stand by their profession and philosophies in regard to the practice of dental hygiene. I have no respect for a dentist who expects their partner in patient care to compromise themselves. Any dentist with pride would not compromise themselves. Why would they expect another professional to compromise?

Needless to say, I was extremely angry by the end of the day; not only at this particular dentist, but because there are obviously colleagues of mine who are willing to practice this way and compromise the practice of dental hygiene. Not only do they undermine themselves, but they do an extreme disservice to the entire profession.

As dental hygienists, we need to view ourselves as the professionals we are. We are highly trained, skilled and knowledgeable practitioners. We are a vital part of a whole in a dental practice. We have a responsibility to our patients to ensure that we are doing the best we can to help them prevent oral diseases.

However, I believe that hygienists and dentists, together, provide the public with the best opportunity to obtain optimum dental care. But it is essential that each member of the dental team respect each other as professionals and their personal commitment and philosophies toward better oral health. In this way the public is best served. In this way the practitioners are better served, emotionally and professionally and in the long run, the entire practice will benefit.

The time has come to take a stand!

Amy R. White, RDH, RPh, BS  
Past President, MDHA

We encourage you to submit your views and opinions! Send letters to: The Editor,  
279 Flaggy Meadow Road., Gorham, ME 04038-2020. All letters must be signed.

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## Calendar of Events

January 21-24  
The Conference-  
Massachusetts Dental Hygienists'  
Association Winter Meeting,  
Lafayette Hotel,  
Boston, MA

January 21-24  
Yankee Dental Congress  
Boston, MA

February 6, 9 am-12 pm  
National Children's Dental Health  
Month Kickoff Celebration,  
Westbrook College Gym  
Portland

February 13, 10 am  
MDHA Executive Board Meeting  
Lithgow Library, Augusta

March 6-7, 1993  
MDHA Midwinter Meeting,  
Bangor Airport Marriott

March 17, 6:30 pm  
OSHA Update, Jane Garland  
Lincoln Hall, University College,  
Bangor

April 1- Portland  
April 29-Bangor  
CED, "Treating Geriatric Patients"  
Dr. Judy Jones

April 17, 10 am  
MDHA Executive Board Meeting  
Lithgow Library, Augusta

April 21  
Student Table Clinics  
University College

May 15-16  
District I Annual Meeting  
NH

May 22, 10 am  
MDHA Executive Board Meeting  
Lithgow Library, Augusta

June 9-16  
ADHA 70th Annual Session  
Denver, Colorado

June 18-19, 1993  
MDHA 67th Annual Meeting  
Samoset Resort, Rockport



Do you have an event you'd like to add to our calendar? Please let us know! Send us a postcard with the date, time, location, topic, and name of speaker. Mail to scoop, 279 Flaggy Meadow Rd., Gorham, ME 04038-2020.

## Announcements

Carol (Andrews) GuerIn and her husband, John, are the proud parents of a healthy baby boy. **Matthew John** was born at Maine Medical Center, September 30th, 1992 at 1:00 am weighing in at 7 lbs. 1.5 oz. . . . **Cathy Turbyne**, Past President of ADHA, has been nominated for the prestigious Warner Lambert Award for Excellence in Dental Hygiene. Rumor has it that Cathy, from Auburn, is one of the top contenders for this national award . . . . **Anne Harris**, MDHA President, has recently started a part-time teaching position at University College, Department of Dental Hygiene. Anne is a Clinical Instructor 2 days per week.

## Officers Needed for Maine Components

A call is going out for Component Officers. All components except for the Northern Maine Component need to fill the office of President-Elect. Without these positions filled there is a chance of the entire component system dying out. The component level is an important avenue to pass information from the national and state level down to the members and non-members. It is also a great place for one to receive local continuing education. There was a lot of effort put forth by the Executive Board two years ago to make the components happen. We need your help to keep them going. Please contact your local component president (see page 4 for names and phone numbers) for more information.

Anne Harris, RDH  
President, MDHA

# MDHA Component News

## South Coast

The South Coast Component is busy planning our winter activities. The National Children's Dental Health Month Kickoff Celebration will be held Saturday, February 6th from 9am-12pm at the Westbrook College Gym. Our theme will be "A Child's First Visit to the Dentist". We are looking for volunteers to give kids rides in a portable chair and answer questions from concerned parents. If interested, please call Kris Blaisdell at 799-0484.

Also in February, with help from the Westbrook College Department of Dental Hygiene, we will be invited to the Senior Students Table Clinics. All area hygienists will be invited and CEU's given at no charge. We thank the Department of Dental Hygiene for this joint venture. You will be receiving a mailing with more details in the near future.

We have tentatively set up a program with Debbie Andrews, from the Office of Dental Health, to speak to us on Tobacco Cessation. This hot topic will be a 2 hour evening course with role playing involved.

Dave Petrie from Patterson Dental Company will be returning for a "Show & Tell" of new dental products. Come and see what's new and receive free samples.

Component members will be receiving more information when details are finalized. Happy New Year!

Debbie Butler, RDH  
President, South Coast Component  
655-5304

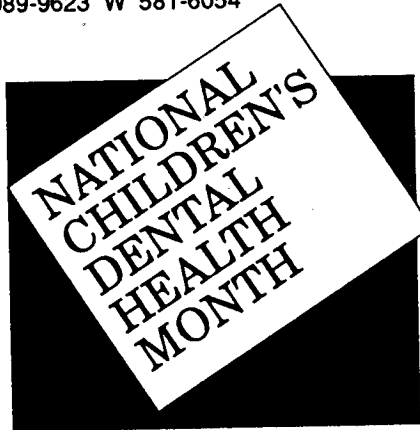
## Mid Maine

We have had two very interesting continuing education programs this year. Debbie Andrews taught us about Tobacco Cessation in October and Dr. Charles Ruff gave an informative program about Orthognathic Surgery in November.

We have voted to buy toothbrushes and floss for area homeless shelters.

On January 13, Dr. Michael Goldberg will be presenting Periodontal Screening and Surgical Techniques for Treating Periodontitis. On March 17, Jane Garland, a state OSHA consultant, will give us an OSHA Update. The programs will start after a short business meeting at 6:30 pm, at Lincoln Hall, University College.

Cindy McEwen, RDH  
President, Mid Maine Component  
H 989-9623 W 581-6054



F E B R U A R Y  
1 9 9 3

## Northern

Due to inclement weather, the Northern Maine Component had to reschedule its December 3rd meeting to a later date.

In observance of National Children's Dental Health Month, the Aroostook County Action Program Dental Health Education Program has asked us to be co-sponsors for its Second Annual "Sugar-Out" Day to be observed Friday, February 5th, 1993. Its goal is to bring about an awareness of the role of sugar and tooth decay.

We are looking into hosting a continuing education program in conjunction with the Northern Maine ADA group in March, 1993. We hope to have Dr. Laura Rejdy, a Bangor Periodontist, as our speaker. Details will be forthcoming to all dental offices in Aroostook County at a later date.

Plans for promoting new membership within the Component will be discussed at the next meeting. We would like to see more hygienists become involved in their professional organization. All hygienists are welcome to join our meetings. It doesn't matter whether you are a member or not. As a general rule, we meet the first Thursday of every other month at the Caribou Motor Inn at 6:30 pm.

Joanne Tardif, RDH  
President, Northern Component  
H 764-2985 W 435-6273

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## Continuing Education Committee

Now that the holidays are behind us, we start our new two year term for accumulating 20 credits for dental hygiene re-licensure. The Continuing Education Committee is enthusiastically forging ahead, seeking seminars and courses that are both interesting and professionally enlightening.

Our fall courses in September and October, "A Pain in the Hand", concerning carpal tunnel syndrome and "Oral White Lesions" were very successful. As you may or may not know, the Association awards two gift certificates by a drawing, to be used for future courses. The winners for the carpal tunnel seminar in Portland were Kathy Ladner and Tracy Woodcock, and in Bangor, Kelly Folsom and Carrie Hall-Harvey. At that course we also had a drawing for a "versatile sample of our most popular AFTERFIVES and MINIFIVES", donated by Hu-Friedy. The winners were Anne Quirion (Portland) and Marylee Stewart (Bangor). Gift certificate winners at the "Lesions" seminar were Lorraine Lambert and Ellen Kacharian (Portland) and Kelli Little and Jane McMullen (Bangor). Congratulations!

Several hygienists joined MDHA during their attendance at these two seminars and were able to take advantage of the MDHA Membership Rebate Offer. This is a great way to save a few dollars on your initial application.

And looking to the future . . . Dr. Judy Jones, a former hygienist and practicing dentist at the V. A. Facility in Bedford, MA, will be doing a half day lecture April 1st in Portland and April 29th in Bangor entitled "Root Caries, Prevention and Treatment of the Geriatric Patient". We have also scheduled Dr. Alan Hickey for the fall of 1993, who will be speaking about dental treatment for the chemotherapy and radiated patient. This will also include information on hyperbaric treatment. We are also working on a seminar related to orthodontics and a seminar in the spring regarding an update in TMJ Syndrome.

Kris Blaisdell, RDH 799-0484  
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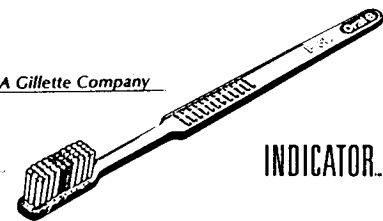
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## Nitrous Oxide Reduces Women's Fertility In NIEHS/NIDR Study of Dental Assistants

Occupational exposure to nitrous oxide may reduce fertility in female dental assistants, according to a study funded jointly by the National Institute of Environmental Health Sciences (NIEHS) and the National Institute of Dental Research (NIDR). The study found that when scavenging equipment was used to remove excess anesthetic gas from offices, women dental workers showed no reduction in fertility.

"This study highlights the importance of taking advantage of available means of reducing environmental contaminants," said Health and Human Services Secretary Louis W. Sullivan, MD. "When properly monitored and maintained, scavenging equipment provides a clear, available, and relatively inexpensive mechanism to dramatically reduce occupational exposure to nitrous oxide."

The authors of the study, who reported their work in the October 1, 1992 issue of the *New England Journal of Medicine*, based their

finding on detailed interviews with 418 women from a cohort of 7,000 dental assistants in California. The participants were married, between the ages of 18 and 39, had become pregnant within the preceding four years, and had been working full-time as dental assistants before becoming pregnant.

Women who were not exposed to nitrous oxide took an average of 6 menstrual cycles to become pregnant, while women who worked five or more hours a week with unscavenged nitrous oxide an average of 32 menstrual cycles to conceive. The probability of conceiving in each menstrual cycle was reduced almost 60 percent in the women exposed to unscavenged nitrous oxide for five or more hours a week.

Women who worked with scavenged nitrous oxide did not take longer to become pregnant than women who were not exposed to the gas. Similarly, women exposed to unscavenged nitrous oxide for less than five

hours a week did not show reduced fertility.

The scavenging equipment used in dental offices typically consists of a nasal mask and tubing that delivers nitrous oxide to the patient, draws off exhaled and unused gas, and vents it away from the work area through a vacuum line. Dentists began using this equipment in 1978, but it still is not used in all dental offices. Currently there is no mandatory standard limiting occupational exposure to nitrous oxide.

Reprinted from a more detailed article in the *NIDR Newsletter*, September 1992.  
Written by Tom Hawkins and Susan Johnson

Submitted to *scoop* by Debbie Andrews, RDH, BS, - MDHS, Bureau of Health, Division of Dental Health.

## TAR WARS Campaign

As you read this article, somewhere in Maine a child is lighting a cigarette. The Maine Bureau of Health estimates that seventy children will try tobacco for the first time today. What can we as health care providers do to combat this epidemic of youth tobacco use?

For the first time, Downeast Doctors Ought to Care (DOC), and the Maine Academy of Family Physicians is co-sponsoring the Tar Wars Children's Tobacco Education Program. Tar Wars is an in-school lesson on the image of tobacco use, refusal skills and tobacco advertising. A proven program, Tar Wars has garnered awards from the American Medical Association and the World Health Organization. Because Tar Wars is designed for all health care providers to present, we invite you to join with us in the nation's largest volunteer youth tobacco education program.

Participation in Tar Wars is easy for you! Preparation requires ten to fifteen minutes of reviewing the curriculum. Downeast DOC and the schools will do the rest. The program itself requires 50 minutes of your time for a fourth grade class.

Why should you as a busy practitioner participate? Preventing tobacco use, the leading cause of preventable death in the world today, is the most important impact we can make in our communities' future health. Last year, health care providers found themselves recognized by their local newspapers as being leaders in community health. Just as importantly, they also found Tar Wars to be a fun and energizing experience that they thoroughly enjoyed.

For further information contact Janie Smith at Downeast DOC, 16 Hayward Street, Bangor, ME 04401, 942-8817.

If you would like to join in this fun project fighting addiction to tobacco, complete the form below.

Thank you for your interest.  
Debbie Andrews, RDH, BS

Janie Smith, MS, Downeast DOC

- Yes! I would like to join the MAFP and Downeast DOC in fighting teenage addiction to tobacco.
- Sign me up to teach at my local school in February and March.

NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ GOOD TIME TO TEACH (M-F) \_\_\_\_\_  
 \_\_\_\_\_ (AM / PM) \_\_\_\_\_  
 PHONE \_\_\_\_\_

TAR WARS sounds like such a good idea that I have enclosed a (Tax deductible) donation in the amount of \$ \_\_\_\_\_. Please make checks payable to DOC/Tar Wars.

Mail to DOC/Tar Wars Project, 16 Hayward Street, Bangor, ME 04451.

## **ADHA Constituent Officers Workshop**

The Annual ADHA Constituent Officers Workshop in Chicago was held October 24-26 and as President-Elect I had the privilege of attending. The main goals and objectives of the workshop were:

1. To strengthen communications between the constituent and national levels of ADHA.
2. To provide a forum for sharing information with colleagues in other constituents
3. To develop and gain a greater understanding of leadership roles and responsibilities.

Presidents and President-Elects from all constituents attended the two day workshop. Saturday evening we gathered at an informal reception and enjoyed a chance to network with fellow colleagues. Sunday's agenda included such topics as leadership skills, communication, team building, issues forum and conflict resolution. The day ended with a tour of the very impressive, ADHA headquarters. A new video of the ADHA offices has been produced and will be available soon. MDHA hopes to have this available for your viewing at the Mid-Winter Meeting in March. It is very satisfying to see how virtually every member has access via ADHA's toll free number to our massive data base, professional development services, Government Affairs Division, Education and Research Division and Student Member Services Division. ADHA has 40 staff members willing and available to service hygienists from around the country.

Monday's agenda was full with a presentation on the infrastructure of ADHA with presentations from each of the Division Heads; Communication, Member Services, Professional Development, Finance, Governmental Affairs, Fund-raising and the Institute of Oral Health. New programs and services were also announced, such as the Student Mentor Program, which will be available soon in packet form. Efforts on the Retention and Recruitment Campaign were also discussed by Director of Member Services, Meg Collins. A new award for SADHA organizations who have a 90% or higher membership conversion rate has been established. Rosetta Gervasi, Director of Communications, highlighted upcoming format changes for both *JDH* and *Access*. *JDH* will be more research oriented while *Access* will have a more job and issue related format.

Overall, the workshop was focused on the concept of being a mentor and Collins made a remark that really made sense; "People join organizations because of people...". She reminded us that the personal invitation and welcoming of new membership is the bottom line to success. We need to empower one another by sharing knowledge and information, modeling leadership, gaining support and becoming united in our profession. This all fits in well with our current constituent goals for MDHA this year.

We did have some time to enjoy a couple of the local hot spots in Chicago. A quick (and I mean quick!) shopping trip to the Water Tower Place, and dinner at Oprah Winfrey's restaurant, "Eccentric". Ask me about Oprah's "A Little Taste of Something" for \$1.50 some time!

Alexis D'Ascanio, RDH, BS  
President-Elect, MDHA

## **ADHA Legislative Workshop**

MDHA President, Anne Harris, and Legislative Chair, Marcia Weed, were invited to participate with 11 other states from around the country. Led by ADHA Governmental Affairs Director, Jane Kendall and regional managers Linda Armacost and Kathy Schroeder, the seminar included an evaluation of current MDHA activity as well as future interests, testimony from Tennessee and Texas on experience and strategies utilized in their activities.

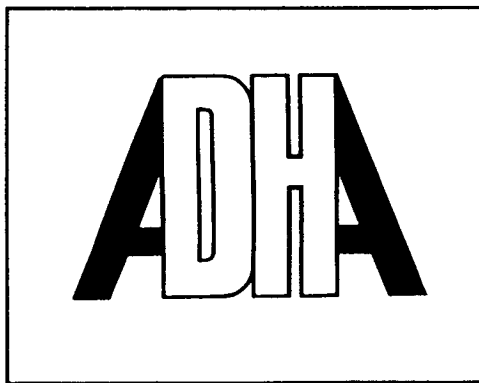
Most importantly, we explored the vast resources available to us from the ADHA Governmental Affairs Division. Any member, regardless of their position in the association, has available to her/him pages and pages of written testimony, fact sheets, letters and more that may help them in their work with any type of activity relating to legislation. For example, if you knew of a bill in the legislature that you wanted to support, you could call ADHA, describe your situation and they would send you support information such as testimony from other states that have faced the same issue, letters to send to fellow members to garner support for your initiative, lists of contacts within the legislative system for more precise information relative to Maine.

One of the greatest difficulties for ADHA is that for each state the legislative process is unique, so often more specific research is necessary at home. With ADHA support and information, legislative activity becomes just another arena for dental hygiene participation and not a larger than life monster.

Learn more how you can impact legislative activity at the MDHA Midwinter Meeting!

Many thanks to ADHA for including us in this valuable experience!

Marcia Weed, RDH, BS  
Legislative Chairperson



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## Local Anesthesia Update

Since our respective Annual Meetings, where it was decided to investigate in particular the educational issues regarding dental hygienists administration of local anesthetics, MDHA and MDA committee representatives conducted a workshop with guest speaker Carol Naylor, RDH, DMD of Webber State University in Utah. Dr. Naylor has developed teaching modules utilized in the instruction of dental hygiene students in the administration of local anesthesia and also participates in the continuing education of licensed dental hygienists. She was able to provide insight into experiences and developments in that educational process.

Ellen Beaulieu, Director of Dental Hygiene, at Westbrook

# WELCOME

## NEW MEMBERS

Hyla A. Abramson-Falmouth  
 Michelle Mary (Lefaver) Birkel-York Beach  
 Sandra L. (Eliason) Boland-New Gloucester  
 Michelle C. Branam-Biddeford  
 Carole C. Broufin-Rockport  
 Kimberly M. Cutler-Brewer  
 Gayle (Potter) Fletcher-E. Corinth  
 Amy Michelle Gannett-Hollis  
 Patricia Ann Huntley-Bangor  
 Suzanne E. Michaud-So. Portland  
 Rosanne (Nappi) Obrion-Cumberland  
 Susan Elizabeth Ouelette-Auburn  
 Linda K. (Havumaki) Reader-York  
 Jean-Marie Rogan-Old Orchard  
 Kim M. Roy-Raymond  
 Mary A. Rytky-Hampden  
 Becky Trott-Anson  
 Kathleen Anne Vaughan-Portland  
 Betty L. (Carroll) Wing-Bangor

## NEW ADVERTISERS

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College; and Joleen Lee, faculty member at University College provided the committee with insight as to the solid base currently provided in the dental hygiene curriculums.

The committee continues to compile information which will be issued in a final report to be available at the MDHA Midwinter Meeting in March. I'll update you on our further activities then!

Marcia Weed, RDH, BS  
 Legislative Chair

## Did You Know...

That the American Dental Hygienists' Association opposes mandatory HIV testing.

## Thank You!

To Daryl Geer for her "eagle eye" assistance in proof reading this issue.

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