

the

S

C

O

O

P

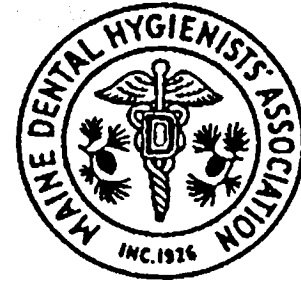
a quarterly
newsletter of
the maine
dental
hygienists'
association

• winter 1995

PRESIDENT'S MESSAGE

Do I look at my term of office as your President as half done or as the saying "Is the glass half full or is it half empty?" Empty is just not in MDHA's vocabulary! I look back on the past six months as being very busy and productive and the next six months calendar of events will bring more of the same.

MDHA has a very dedicated and enthusiastic Executive Board as well as membership. Plans are being finalized to host ADHA's Linda Armacost and staff of Legislative Affairs from Central Office. They will be coming to Maine the first weekend in March to conduct a seminar tailor made for Maine. All MDHA members are welcome to join us Saturday, March 4, at The INN by the SEA, Cape Elizabeth. Please keep a look out for your invitation and RSVP as soon as possible! Want to know what makes ADHA/MDHA tick? What the future goals may be? Come find out and help shape MDHA's direction.



I was pleased and very proud to witness hygienists from Presque Isle, Bangor, Portland, and places in between among the many who attended and testified January 13, at the Public Hearing in Augusta. This hearing was held by the Maine Board of Dental Examiners on the proposed changes (see fall issue of SCOOP) to the Rules and Regulations section of the Maine Dental Practice Act. Hygienists in Maine truly care about their patients, the quality of oral health care here in Maine and are willing to advocate on the public's behalf.

I look forward to SPRING, but I do not want to wish the time away too quickly. Hopefully, I will see you this winter and spring at MDHA's continuing education courses and meetings.

Kristine E. Blaisdell, RDH
President, MDHA

Inside

Officers	2
Calendar of Events, Annual Meeting RDH of the Year	3
Seat on Maine Board of Dental Examiners	4
PANDA Coalition	5
Getting Paid in the 90's	6
MDHA Roster	7-8
Congratulations, Sae Nelson	9
Community Issues	10
Continuing Education	11
Component News	12

the scoop

Advertising & Subscriptions
Jennifer Fecteau
696 Westbrook St., Apt. 6J
South Portland, ME 04106

MDHA Executive Board

PRESIDENT

Kris Blaisdell

10 Tall Pine Rd., Cape Eliz., ME 04107
H 799-0484

PRESIDENT-ELECT

Michelle J. Gallant

16 Alexander Drive, Rockport, ME 04856
H 236-9519 W 236-4700

VICE-PRESIDENT

Marji Harmer Beem

P.O. Box 120, S. Freeport, ME 04078
H 865-6641

SECRETARY

Christina Corbin-Price, RDH

RR 5, Box 702, Gorham, ME 04038
207-642-4910

TREASURER

Joanna Bradley

P.O. Box 135, Topsham, ME 04086-0135
H 721-9462

IMMEDIATE PAST PRESIDENT

Alexis D'Ascanio

PO Box 741, So. Casco, ME 04077
H 655-3935

CONTINUING EDUCATION CHAIR'S

Sue Lindsay - H 879-0817

Maria Smith - H 247-3024

LEGISLATIVE CHAIR

Marcia Weed - H 729-5350

MEMBERSHIP CHAIR

Bunny Mills - H 854-2333

ME BOARD OF DENTAL EXAMINERS

Irene Boucher

2 Bangor St., State House Sta. 143
Augusta, ME 04333
287-3333

DH MEMBER-MBDE

Carol Williams

53 Park St., Orono, ME 04473
H 866-3157

MDHA PLACEMENT SERVICE

Michel Scott Susina

P.O. Box 363, So. Harpswell, ME 04079
H 833-5383

ADHA

444 N. Michigan Ave., Suite 3400
Chicago, IL 60611
1-800-243-ADHA

YOUR 1994-1995 OFFICERS

MAINE DENTAL HYGIENISTS' ASSOCIATION

PRESIDENT - Kristine E. Blaisdell, RDH

Kristine is a 1970 graduate of Westbrook College. She is currently employed as a dental hygienist with the practice of Dr. William Dennis in Cape Elizabeth. She and her husband, Bruce, live in Cape Elizabeth. They have a grown daughter, Meredith.

PRESIDENT-ELECT - Michelle J. Gallant, RDH

Michelle is a 1990 graduate of University College and is currently employed full-time as a dental hygienist with the practice of Drs. Philip Higgins and Jonathan Goss in Camden. Michelle held the position of MDHA's Vice President last year. She lives in Rockport with husband Shawne, and their two dogs, Max and Roxie.

IMMEDIATE PAST PRESIDENT - Alexis D'Ascanio, RDH, BS

Alexis is a 1983 graduate of Westbrook College and is currently completing her Masters Degree in Adult Education and Human Resource Development at the University of Southern Maine. Alexis works part time at Falmouth Community Programs as a Program Assistant. She and her husband, Michael, live in South Casco with their two children, Nicholas and Lauren.

VICE PRESIDENT - Marji Harmer-Beem

Marji is a 1977 graduate of Westbrook College and has recently completed her Masters in Adult Education at University of Southern Maine. Marji attained her certification to administer local anesthesia from Phoenix College in Arizona and is also Past President of the South Coast Component. She works full time at Westbrook College as an Assistant Professor. Marji and her husband, Paul, live in South Freeport with their two children, Lucas-age 12, and Emily-age 11.

SECRETARY - Christina Corbin-Price, RDH, BS

Christina is a 1983 graduate of Westbrook College and has recently completed her Bachelors of Science in Business Administration from Westbrook College. She works full time as a dental hygienist with the practice of Dr. Jeffrey Finegold. Christina held the position of Sales Editor of SCOOP from 1991-1994. She and her husband, Donald, live in West Buxton.

TREASURER - Joanna Bradley, RDH, BS

Joanna is a 1991 graduate of University College and has a Bachelor's Degree in Health and Family Life Education from the University of Maine at Orono. She is working full time as a dental hygienist. Joanna and her husband, live in Topsham.

Calendar

69th ANNUAL MEETING

The new year arrived quickly for the MDHA Executive Board, as it did for many people. As 1994 came to an end, MDHA started preparing for the 69th Annual Meeting. The two day event will be held on June 16-17, 1995, at the Samoset Resort in Rockport, Maine. Friday morning will begin with the MDHA Business Meeting. The meeting will provide members and potential members a chance to discuss issues concerning hygienists as well as to hear a summary of MDHA's accomplishments in 1994. Special awards will also be presented at the meeting. All are welcomed to attend.

The Installation Luncheon will also be held on Friday. This is an opportunity to enjoy lunch, network with fellow professionals, plus meet the new MDHA officers.

Four Continuing Education programs will be offered this year. Two programs will be held on Friday afternoon and two on Saturday. Topics for the programs include updates on infectious diseases, new techniques and approaches to periodontal disease, an introduction of recently designed instruments for the hygienists, and a CPR Re-Certification course.

MDHA is excited that the 69th Annual Meeting is just around the corner. We look forward to your attendance and hope you will support our efforts. Your support is our success. For more information or suggestions concerning the meeting please contact Michelle Gallant 236-9519, or Marji Harmer-Beem 865-6641.

"RDH OF THE YEAR AWARD"

I am proud to announce that Mrs. Barbara Collier of Kennebunk, Maine is the 1995 recipient of Maine's RDH of the Year Award. Since graduating from Forsyth School of Dental Hygiene in 1947, Barbara worked in private practice in the Augusta area from 1947 to 1952 and for the city of Portland from 1952 to 1957. While teaching music and residing in the Norway area, she regularly worked summers as a dental hygienist before retiring.

Barbara Collier has demonstrated a commitment through the years to the Dental Hygiene Profession by membership in ADHA, currently in the Supporting Member category. Barbara maintains an active Maine license that requires a minimum of 20 CE hours each biennial to renew. She is a familiar face at MDHA continuing education programs and meetings.

Even though Barbara is not actively involved in MDHA, I feel she deserves recognition for her commitment to dental hygiene and support of her professional association. Honoring Barbara Collier as Maine's recipient acknowledges her value as a member, our members and their support through the years.

Barbara graciously traveled to the District I Workshop held Friday, January 20, at the Conference 1995 in Boston, where she received her award. She also attended the President's Reception. Barbara socialized with former classmates and new colleagues. Our CONGRATULATIONS to Barbara! MDHA will also honor Barbara at our own Annual Meeting at the Samoset Resort, June 16, 1995.

February 24, 1995,
Westbrook College - "Celebration of Oral Health",
1:00-5:00 p.m., Westbrook College

February 24, 1995,
Westbrook College - Student Table
Clinic Presentation
6:00-8:00 p.m., Westbrook College/
Dental Hygiene Classroom

March 4, 1995,
ADHA/MDHA - Legislative Seminar
9:00-4:00 p.m., Inn by the Sea, Cape
Elizabeth

March 11, 1995,
MDHA Executive Board Meeting,
9:00-11:00 a.m., Freeport McDonald's

April 8, 1995,
MDHA Executive Board Meeting,
9:00-11:00 a.m., Freeport McDonald's

May 13, 1995,
MDHA Executive Board Meeting,
9:00-11:00 a.m., Freeport McDonald's

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, R.R. #5 Box 702, Gorham, ME 04038

Attention:

Contributors to SCOOP please forward typed articles, information, announcements, etc. to:

**Editor,
Ruth Collard
C/O Westbrook College
716 Stevens Ave.
Portland, ME 04103**

**Sales Editor
Jennifer Fecteau
696 Westbrook St., Apt 6J
So. Portland, ME 04106**

**Layout and Design
Debbie Shaw
Contact Alexis D'Ascanio
MDHA Ex. Board Coordinator
Alexis D'Ascanio**

**Scoop Deadlines for
1995**

Winter - Feb. 3

Spring - May 5

Fall - Sept. 8

DENTAL HYGIENIST SEAT TO OPEN ON THE MAINE BOARD DENTAL EXAMINERS

In December of 1995, my term of serving as the dental hygienist representative on the Maine Dental Board of Examiners will expire. Therefore, I am writing a bit for the SCOOP to alert other prospective dental hygienists to be thinking about serving in this capacity. First of all, you need to be a legal resident of the State and to have practiced for a least six years prior to the appointment. The hygienist on the board has full voting privileges and will serve for a term of 5 years. If you are employed by a dentist who is presently serving on the dental board then you would not be eligible.

I'll try to outline for you some of what your duties and responsibilities would entail. We meet once per month in our Augusta office for a day long meeting. During these meetings we follow a set agenda which might involve discussing and/or settling complaints, interviewing prospective candidates applying for their Maine license, writing and/or working on new and old rules pertaining to our profession, putting your signature on the new State licenses and addressing any and all dental related issues which happen to come across our desks. So as you can see each month can cover a variety of interesting issues. This is only a small part of it all. When you become a member of a State Dental Board, you are then a part of the Northeast Regional Board. NERB just recently joined the Central Regional Dental Testing organization, so now we refer to it as CORE. You are then a part of the testing group who administers the dental and dental hygiene examinations throughout the northeast and central states. You are also then a part of the American Association of Dental Examiners who meet twice a year usually in Chicago. The AADE meetings are optional but when they meet in conjunction with the annual ADA meeting, I often try to go. This year I got to enjoy a trip to New Orleans by doing this.

Usually NERB meets in Washington, D.C. for a spring and fall assembly. In the Spring (April) we receive our training for the May exams and in the Fall we have a shorter wrap up meeting. During your first year, usually you just shadow other examiners to find out what it is all about. Then with some experience, you get your own assignments.

Calendar

- April 7,8 &9, 1995—Kansas City Spring Assembly
- April 27 & 28, 1995—Ohio State Dental Exams
- May 1 & 2, 1995—Dental Hygiene Exams
- May 11 & 12, 1995—Michigan Dental Exams
- August-sometimes you receive an assignment
- December-sometimes you receive an assignment

If you are wondering why a hygienist is assigned to the dental exams, it is because we serve as desk coordinators to organize all the paperwork which is a huge endeavor, but we hygienists are extremely organized and do a great job at it!

I also usually serve as a proctor for the national board examinations when they are given in Bangor in the Spring. So as you can see, you need the flexibility in your job or family life to do a bit of traveling throughout the year. Traveling arrangements are always made for you and of course all expenses are paid. You are well compensated for your services. It is wonderful to see a variety of dental and dental hygiene schools across the country and to be able to work with a wonderful group of professionals with the same interests in mind.

I hope that I haven't dissuaded anybody from pursuing this position because of my elaboration, but I do think it is helpful to have a good idea of what it holds in store. So compile a resume and either send it to the Maine Dental Hygienists' Association as they will make recommendations to the Governor or if you choose, it can be sent directly to his office. The Governor shall then appoint whomever he so chooses.

If I can be of further assistance, please don't hesitate to call or drop me a note. And by all means you may sit in on a board meeting before any time.

Carol E. Williams, RDH
941-0256 Work or 866-3157 Home

Oral-B

Laboratories, U.S.A.

A Gillette Company

Professional Products Division

Karen M. Yarasavage
Account Manager

202 Orchard Street
Watertown, MA 02172
(617) 924-2730
Voicemail: 1-800-833-3315, Ext. 9368

Order Dept.: One Lagoon Dr.
Redwood City, CA 94065

1-(800)-44-ORALB
1-(800)-446-7252

MAINE TO FORM PANDA COALITION

Maine will join at least 12 other states in taking steps to increase awareness about child abuse and neglect by forming a PANDA (Prevent Abuse and Neglect Through Dental Awareness) coalition. Targeted for all dentists, dental hygienists, and dental assistants, the PANDA program will assure that every licensed dental professional in Maine receives educational materials on recognizing and reporting child abuse and neglect.

PANDA brings into a single coalition all appropriate state and private entities with ties to dentistry and concerns about children, in order to prevent abuse and neglect. In Maine, the Coalition will include the Divisions of Dental Health and Maternal and Child Health in the Bureau of Health, and the Bureau of Child and Family Services, all in the Department of Human Services; the Maine Association of Child Abuse and Neglect Councils; the Maine Dental Association; the Maine Society of Pediatric Dentistry; the Maine Dental Hygienists' Association; the Maine Dental Assistants Association; the Westbrook College Dental Hygiene Program; the Dental Health Program at University College in Bangor; and the Delta Dental Plan of Maine. Initially, the Division of Dental Health is coordinating the effort, with assistance from Eleanor Vien, Manager of Cost and Quality Assurance for Northeast Delta Dental in Concord, NH.

Coalition members see the potential of the PANDA program helping providers to feel more knowledgeable and thus more comfortable in dealing with this difficult issue. It may also prove to be an avenue for parenting education, and could provide a model for other health professional groups.

Plans are to continue with coalition-building and planning through the fall and winter, with a kick-off event and training to be scheduled in the spring. For more information about the PANDA program, contact Judy Feinstein at the Division of Dental Health, State House Station #11, Augusta, ME 04333, or call (207)287-3121.

CHANGE OF ADDRESS?

Please keep your address current with the Maine Board of Dental Examiners Office or you will not receive important information from the state and may be subject to a fine. Call Irene Boucher today at 287-3333.

If you are a member of ADHA / MDHA then you should also call 1-800-243-ADHA and let them know your new address and phone number. ADHA will forward your new address to all publications on the state and national levels (including SCOOP).

Dental Network

Personalized Healthcare
Placement Specialist

Sue K. Jesse, Director

100 Commercial Street
Portland, Maine 04101

1-800-287-4019

207-773-5503

In N.H./VT. 1-603-882-7484

1-800-648-0426

MED SERVICE CORP.
E 25 Falmouth Road
N Falmouth, Maine 04105
T Tel: (207) 781-2293

#1 in Service . . .

We Guarantee It!



*We offer all major lines
of dental equipment, including
A-dec, Air Techniques, Den-Tal-Ez, etc.*

by Gary Takacs

How to get patients to settle financial obligations with the dental office? In today's demanding economic environment, dentists can no longer be casual about payment arrangements and still run a profitable office.

Dental insurance is a partial solution at best — particularly since many insurance companies have reduced dental insurance benefits, generating rising co-payments, larger deductibles and minimal, or no coverage, for elective services.

For the dental office to succeed financially, it is critical to establish "ground rules" regarding payment matters. Consider the following three as your foundation for financial success:

1. Always Practice Financially Arranged Dentistry
I call this the "no surprise" policy. Make sure your patient is informed of all fees and that arrangements for payment are made before any treatment begins. When patients understand their financial obligations prior to treatment, misunderstandings can also be reduced to zero.

2. Your Dental Office Is Not A Bank
Obviously, right? However, dentists who allow their patients to pay for treatment over an extended period are, in effect, loaning their patients money. While there are many reasons to avoid giving credit to patients, the strongest is the tremendous cost incurred in the billing and collection process. A recent study reported it costs the dental office an average of \$5.25 to send out a single billing statement!

3. You Can Provide Your Patients Affordable Payment Options
While advances made in cosmetic dentistry, implant treatment, conservative periodontal treatment, orthodontic care and restorative dentistry —

to name only a few — have made treatment more successful and predictable, often, the limiting factor is the patient's ability to pay for the treatment.

In 1986, the American Dental Association reported 77% of the U.S. population could not pay a \$500 out-of-pocket fee for dental care. If that same survey were taken today, the percentage of those unable to pay would be at least the same, if not higher. To succeed, the dental office must accommodate patients who want the best possible care, but who need a way to pay for it.

Your Key To Success: Multiple Payment Options
The key to financial success is to install payment options that work for both your office and your patient. Accepting and promoting the use of major credit cards is one payment option with clear benefits for both.

For your office, the benefits of credit card acceptance include improved cash flow, lower billing costs, and reduced administrative burden and overhead. For your patient, this payment option offers convenience, financial flexibility, good record keeping and, most important, it allows patients to secure the best possible treatment at the time they need it.

A recent consumer survey reported that nearly three-fourths of the respondents felt health care providers should accept payment by a major credit card, like MasterCard. Nearly half of the respondents said they would use their MasterCard, if accepted by the health care provider, to pay for services.

Often, patients are not aware they can use credit cards for payment. To help you let your patients know your office will accept credit card payment,

MasterCard has developed materials designed especially for the health care office. Consider displaying a counter sign, or affixing stickers to your billing statements to inform patients of this option. Call The MasterCard Merchant Hotline for free materials and more information: 1-212-649-1355.

Another useful tool is the healthcare pre-authorization form which patients can use to request that you automatically bill their credit card for payment. This method can be used to pay for the portion of treatment not covered by insurance or as an option for patients in need of ongoing treatment. Accepting and encouraging the use of major credit cards as a payment option is a payment solution with distinct benefits for you and your patient alike. Combine this strategy with the three ground rules for financial success and you will have a system that successfully manages and controls accounts receivable.

In addition, your patients will appreciate your professionalism in handling financial matters and be more likely to refer patients to your office because of their satisfaction. And, when all is said and done, developing good patient relationships is the primary reason for success in the 90's and beyond.

Author Credit: Gary Takacs, of Scottsdale, Arizona, is a practice management advisor and noted expert on payment issues in dentistry. He writes often on the subject and conducts seminars on payment management for the dental profession as well as for other professionals in the healthcare industry.

* * *

1994-1995 M.D.H.A. EXECUTIVE BOARD ROSTER

PRESIDENT

Kristine E. Blaisdell
10 Tall Pine Road
Cape Elizabeth, ME 04107
H--799-0484

LEGISLATIVE CHAIR

Marcia Weed
37 Lynch Street
Brunswick, ME 04011
H--729-5350

President-Elect

Michelle Gallant
16 Alexander Drive
Rockport, ME 04856
H--236-9519

MEMBERSHIP CHAIR

Bernice Mills
209 W. Valentine Street
Westbrook, ME 04092
H--854-2333

VICE-PRESIDENT

Marji Harmer-Beem
PO Box 120
So. Freeport, ME 04078
H--865-6641

PLACEMENT CHAIR

Michel Susina
PO Box 363
So. Harpswell, ME 04079
H--833-5383

SECRETARY

Christina Corbin-Price
RR 5 Box 702
Gorham, ME 04038
H--642-4910

**Continuing Education
COCHAIR**

Susan Lindsay
69 Glenwood Ave
Portland, ME 04103
H--879-0817

TREASURER

Joanna Bradley
PO Box 135
Topsham, ME 04086-0135
H--721-9462

COCHAIR

Sherry Ritchie
96 Fessenden Street
Portland, ME 04103
H--775-2191

IMMEDIATE PAST-PRESIDENT

Alexis D'Ascanio
PO Box 741
So. Casco, ME 04077
H--655-3935

DISTRICT I TRUSTEE

Helena Gallant-Tripp
24 Pine Tree Road
Wellesley, MA 02181
H--(617)431-7483

SCOOP EDITORIAL STAFF

Editor

Ruth Collard
6 Lueette Ave
Old Orchard Beach, ME 04064
WK--797-7261, H--934-2002

Layout and Design

Deb Shaw
Contact Alexis D'Ascanio

Sales Editor

Jennifer Fecteau
696 Westbrook St., Apt 6J
So. Portland, ME 04106
H-871-5822

MDHA Ex.Board Coordinator

Alexis D'Ascanio

1994-1995 M.D.H.A. COMPONENT OFFICER ROSTER

NORTHERN MAINE

PRESIDENT

Diane Williams
52 Hardy Strret
Presque Isle, ME 04769
H--764-9231

PRESIDENT-ELECT

Joanne Cote
PO Box 168
Ashland, ME 04732
H-- 435-6866

SEC./TREASURER

Terry Hamm-Morris
PO Box 121
Blaine, ME 04734
H-- 429-8328

IMMEDIATE PAST-PRESIDENT

Terry Hamm-Morris

MID MAINE

PRESIDENT

Dorothy Stuart
34 Bruce Road
Bangor, ME 04401
H--947-3763

PRESIDENT-ELECT

OPEN

SEC./TREASURER

Tricia Nixon
13 H Longrale Park
Bangor, ME 04401
H--945-4099

IMMEDIATE PAST-PRESIDENT

Kelly Cassum
43 Birch St. Apt. 3
Bangor, ME 04401
H--945-4099

CENTRAL VALLEY

PRESIDENT

Monica Kilfoil
18 Peary Street
Brunswick, ME 04011
H--721-8952

PRESIDENT-ELECT effective

Sabrina Doak 11/1/94
RR 1 Box 140
Woolwich, ME 04579
H--443-2786

SEC./TREASURER

Becky Johnson
Rte 1, Box 681
So. Harpswell, ME 04079
H--833-6255

IMMEDIATE PAST-PRESIDENT

Mary Jo Bernier
PO Box 677
Brunswick, ME 04011
H--729-0269

SOUTH COAST

PRESIDENT

Amy White
294 Spring Street
Portland, ME 04102
W--883-7674

PRESIDENT-ELECT

Sherry Ritchie
96 Fessenden Street
Portland, ME 04103
H--775-2191

SEC./TREASURER

Patty Whitcomb
22 Longfellow Drive
Cape Elizabeth, ME 04107
H-- 767-3013

IMMEDIATE PAST-PRESIDENT

Marji Harmer Beem
PO Box 120
So. Freeport, ME 04078
H--865-6641

ASSIST TOBACCO SURVEY

1. How frequently do you ask the following types of patients about tobacco use?

Patient Type	Always	Usually	Seldom	Never
Adults				
Teenagers				
Children				

2. How frequently do you commend your patients who do not use tobacco?

Patient Type	Always	Usually	Seldom	Never
Adults				
Teenagers				
Children				

3. How frequently do you Advise your tobacco users to stop?

Every visit _____ Most visits _____ Some visits _____ Rarely _____

4. Please rate your ability to Assist your tobacco users in quitting.

High _____ Medium _____ Low _____

5. Do your charts indicate tobacco use status in an consistent manner? (A problem list on outside cover)

All charts _____ Most charts _____ Some charts _____

6. Does your waiting room provide an anti-tobacco message?

Yes _____ No _____

7. Do you have easy to read patient education materials about tobacco?

Yes, high quality _____ Yes, standard quality _____ None _____

CONGRATULATIONS!

Sae Nelson, a sophomore in the Westbrook College Dental Hygiene Program, was elected to serve as the Alternate Student Delegate to the American Dental Hygienists' Association annual session in Chicago this June. Eight students representing the twelve dental hygiene schools in the Northeast competed for this honor. Sae was elected after presenting her speech at "The Conference" on January 21, to fellow students at the District I meeting in Boston. It is a privilege to have Westbrook College student representation at the A.D.H.A. meeting forthcoming in June.

The following is a reprint of the speech presented by Sae Nelson on January 21, 1995.

Good morning, my name is Sae Nelson and I'm a sophomore Dental Hygiene student at Westbrook College in Portland, Maine. Regardless of what college or university you are attending, we all share the knowledge that dental hygiene is a very specialized major. We are learning theory and practical applications that will immediately establish us in our careers. Because of this, issues relating to the content and depth of our education is crucial. The quality of the education we receive now is the foundation to our ethical and professional standards.

Traditionally, dental hygiene has been a career choice solely for women. However, the increased interests of both females and males of the field clearly demonstrates the growing awareness that dental hygiene is an intellectually challenging and financially rewarding career choice for anyone. At Westbrook College there are two males in my sophomore class who are as equally challenged and encouraged as I am to be successful and involved in this career choice. I am, though, very proud that dental hygiene is a female dominated profession. I cannot think of any other career in which a group of women will earn the respect, responsibility, independence, financial stability, professionalism, access to scientific and technological advancement, and further academic enrichment, at the onset of their career. We will have control of our careers.

What I value most is the camaraderie. That we work as a team with our colleagues and patients, and that we appreciate each other's unique chairside personality.

Basically, my philosophy is, 'More power to us'! That we will all flourish in this field. That we will overcome new challenges, continue to grow as individuals, and to create a supportive environment for everyone involved. We as students have the voice and unity to expand and maintain the high professional standards that predecessors have built for us.

Thank you very much for listening. I wish you all the best of luck in attaining your personal goals.

SCOOP

SCOOP is Happy to Announce Our New Editorial Team

Jennifer Fecteau, Advertising & Subscriptions
Ruth Collard, Articles
Debbie Shaw, Layout & Design
Alexis D'Ascanio, MDHA Board Liaison

Notice for SCOOP Articles

Please send all articles for SCOOP typed and print ready. SCOOP's budget can no longer afford \$20.00 an hour for editing and typing. Individuals sending articles and announcements for SCOOP that are not print ready, will be billed.

About this Issue

SCOOP is published 4 times per year and is a benefit of belonging to the Maine Dental Hygienists' Association. Non-members may subscribe to SCOOP for \$20.00 per year. To subscribe, please send a check in the amount of \$20.00 payable to MDHA/SCOOP, and mail to Jennifer Fecteau, 696 Westbrook St., Apt 6J, South Portland, ME 04106.

1-800-244-9813

Marlene's Uniform Shop

Est. 1959

We have added to our scrub line OSHA Approved Protective Apparel, the fabric that seals out moisture-giving it excellent fluid and bacteria resistance.

Marlene's
would be glad to send you free scrub catalogs, uniform samples, or make a personal visit to your office.
We also give group discounts!



MAINE SQUARE MALL, HOGAN ROAD
BANGOR, MAINE 04401
(207) 945-9813

COMMUNITY ISSUES

by Debbie Andrews, RDH, BS, public health educator with the Maine Department of Human Services, Bureau of Health, Division of Dental Health

O.K. So, you don't smoke. Your family, friends, and coworkers don't smoke, but in 1991? 27% of Maine adults smoked. Maine is *third* in the nation in the number of smokers ages 18-34, "who ever smoked." The proportion of Maine women who smoke, 36%, ranks second highest in the U. S. Over 90% of Maine smokers began to smoke when they were teenagers, before they were of legal age to purchase cigarettes!

Did you know that more than 80% of adult smokers would like to quit? Did you know that 74% of teenagers who smoke regret that they ever started and 64% have tried to quit? A Centers for Disease Control and Prevention study on smoking prevalence among women, ages 18-44, found that black women have virtually given up smoking while the number of white women who smoke is increasing. Interestingly, white women appear to use smoking as a weight control measure.

Yes, smoking is harmful to health, and in relation to us as dental hygienists, is harmful to oral health. What can we do about it? Well, if you consider that in the U. S., about 75% of children ages 5-17 visit a dental office each year, then we have a tremendous opportunity to influence our young patients' decision to smoke. Successful intervention includes: preventing someone from beginning to use tobacco, inspiring a tobacco user to contemplate stopping, motivating a tobacco user to stop, or encouraging and sustaining tobacco-free behavior by a former user. Dental hygienists can make a difference!

A group of health professionals active in the American Stop Smoking Intervention Study (ASSIST) is surveying their respective professional groups regarding current, actual tobacco intervention practices. The survey and cover letter in the form of a detachable, self addressed and stamped mailer is included in this newsletter. Please take the time to answer the few questions, fold the mailer, and drop it in the mail. Survey results and perhaps a comparison to other professional groups will be printed in a future issue of SCOOP.

The ADA now has a code for clinical tobacco intervention services.

Tobacco Effects in the Mouth, a guide for health professionals, is available for free from the National Cancer Institute, (800)-4-CANCER, NIH publication no. 93-3330; or call the MDHS, BOH, Division of Dental Health, (207) 287-2361.

If you would like assistance in implementing a tobacco intervention program in your office, please call Debbie Andrews Div. of Dental Health, (207) 287-2361.

Sources: The ASSIST Project and the National Cancer Institute



MDHA would like to thank members for their prompt renewal of membership.

For those who have not renewed their membership, we encourage you to do so promptly to avoid a lapse in your ADHA benefits. If this occurs, you will no longer receive your professional journals or your Scoop newsletter as these are just some of the benefits of being an ADHA member.

Now that the holidays are behind us, take a minute to find your ADHA renewal form and mail it in as soon as possible!!! We look forward to continuing to increase and expand our professional membership.

WESTBROOK COLLEGE

The Westbrook College Dental Hygiene Program is continuing the academic year with another busy semester.

On February 24, 1995, the program will host a "Celebration of Oral Health" in collaboration with the Center for Community Dental Health. In addition to educational materials and children's activities, the sophomore students will be offering oral inspections to the public at no cost. Our goal is to bring more people into the oral care system, especially those who may be avoiding care due to financial concerns.

In the evening of that same day the students currently enrolled in the course Preventive Community Health Education will present their table clinics from 6:00-8:00 p.m. Dental hygienists and other members of the dental team are welcome to attend and participate.

The Bachelor Degree Program continues to flourish. Students in the program are required to develop an internship proposal and spend part of a semester working on a project that combines dental hygiene with other aspects of higher education. The work is conducted with agencies or companies external to Westbrook College.

This year Cara Lichwar completed a very successful market research program for Proctor & Gamble Company; Kim Hebert is working with the Aroostook County Action Program; Julie Morin is developing a recruitment plan for the M.D.H.A. and Kneka Pelletier is engaged in a research project for the Maine State Office of Dental Health. Congratulations and good luck to all of you.

Last, but certainly not least, we are proud to welcome Julie Osgood home to Westbrook College after a semester abroad studying in London.

* * *

UNIVERSITY COLLEGE SADHA

The SADHA students at University of Maine had 18 students attend the Conferences at Boston in January. Many thanks to MDHA for helping to sponsor this trip. Students are now actively fund raising to send 2 students to the Northeast Regional SADHA Conference at Morgantown, West Virginia. Quilt & Craft Raffle Tickets are still available and dental health "Absolute Hygiene" T-shirts are also for purchase. Call Diane Blanchette at (207) 581-6055.

The students are assisting in the University of Maine, Children's Dental Health Fair to celebrate Children's Dental Health Month. This will be held on Wednesday, February 8, and Dr. Donald Ahern will be up in a "Sparkle" costume for the fair which is borrowed from the Proctor and Gamble Company. Many thanks to our company representative Cathy Stimpson.



AUSTRALIAN STUDY TOUR

**Discover Australia in conjunction
with your attendance at The
Australian National Oral
Hygiene Seminar, May 1995**

Following our very successful 1994 tour we are once again offering a once in a lifetime tour of Australia, including Adelaide, Alice Springs, Ayers Rock, Cairns, Pt. Douglas and Sydney, the outback 'dead heart', tropical beaches, mountains and major cities, with professional visits and work tours.

Total tour time - 17 days, 16 nights

We have negotiated a very special offer (TAX DEDUCTIBLE) for land content only - and including all accommodations and tours - at the special discount rate of AUS \$3990 (currently US \$2992)

Bookings are limited to 30 people and we urge you to book early. Phone, Fax or write for the complete itinerary, to:

AUSTRALIAN PERSONNEL PLACEMENT SERVICES & STUDY TOURS

Specialist Placement of Health Professionals
Hyde Park Centre 50 Kensington Road, ROSE PARK,
SOUTH AUSTRALIA 5067

Phone: 011 618 331 3711 Fax: 011 618 331 3569

UNIVERSITY OF MAINE

The Dental Health Programs of the University of Maine are hosting a graduate reunion celebrating the twentieth anniversary of the first graduating class. This special celebration will be held Saturday, April 1, with an open house from 4:00-6:00 p.m. at Lincoln Hall; followed by a social hour and buffet dinner at the Airport Marriott Hotel. If you are a graduate who did not receive an invitation, please call (207)581-6051 for additional information. We are looking forward to seeing everyone again!

In recognition of Children's Dental Health Month, students from the Dental Health Programs are sponsoring a dental fair on Wednesday, February 8, from 3:30-5:00 p.m.. Numerous games and activities will be featured including balloon creatures by Dr. Ahern, and the Crest Sparkles character. Children from area schools, day cares and civic organizations are invited to join in the fun!

COMPONENT NEWS....

CENTRAL VALLEY COMPONENT

The Central Valley Component will be sponsoring a Continuing Education Program entitled "AIDS Confidentiality and Charting" with speaker, Kristin Taylor on Tuesday, March 7, from 6:30-8:30 p.m. at the Granite Hill Physical Therapy Conference Room - Industrial Park, Brunswick. (2 CEU's will be awarded) The fee for the course is \$10 for members and \$15 for non-members. Please RSVP to Becky Johnson at (207)883-6225.

The Central Valley Component is also in the planning stages of offering a CPR recertification course in the spring. If interested please contact Becky Johnson.

SOUTH COAST COMPONENT

As I write, Maine quietly waits for what promises to be a real Nor'Easter! We may get a little snow after all. As a component, we have been fairly busy.

In December, we sent out postcards letting our members know that they would be represented in Augusta during the public hearing for the Public Health Hygienist proposal put before the MBDE in January. We testified in support of this measure and are now currently waiting for their decision.

Also in January, we sent out invitations for component members to join their colleagues at the annual Table Clinic Presentations held at Westbrook College. We were again able to sponsor 2 CE credits to hygienists who attend the event. The same day we will also participated in the Children's Dental Health program held at Westbrook College. A big THANK YOU to those hygienists who found time to volunteer to help. We will be presenting a current review of the rules and regulations, some of the changes that will have (hopefully) taken place, what may be in store for the future, and how it will affect the practice of dental hygiene in Maine.

We welcome comments and concerns from our membership! Feel free to contact Amy White — 294 Spring Street, Portland, ME 04102 — or call (207)874-0948. Have a great spring!



Excellent!

Remember the satisfaction of getting an A+ ???
Well The Maine Dental Hygienists' Association
has endorsed an excellent A+ program that will
protect your income.

**Your membership entitles
you to receive this at an
exclusive discounted rate.**

We invite you to call our offices at your
convenience for more information on how
you can receive disability income protection.

Lise Williams, LUTCF
MDHA Program Coordinator
207-967-4354

Williams Agency • P.O.Box 2723 • Kennebunkport, ME 04046-2723

SIGMA PHI ALPHA
Honorary Membership Nomination

Sigma Phi Alpha is the national honor society of the dental hygiene profession. Its purpose is to recognize and honor scholarship, service and character in the field of dental hygiene. Membership is comprised of faculty charter members who found the chapters, outstanding graduates of dental hygiene programs and honorary members. Each chapter can elect up to two graduate members and one honorary member per year.

Honorary members are people outside of the dental hygiene profession who have "made an outstanding contribution to the progress and development of the art, science, literature or public understanding of the dental hygiene profession through educational or community services," according to the constitution of Sigma Phi Alpha. These individuals may be dentists, legislators or any others who have played a role in the promotion of dental hygiene. Feel free to nominate one or more individuals to either Maine chapter of Sigma Phi Alpha by completing and returning the form below.

Sigma Phi Alpha
Honorary Membership Nomination

Nominee name _____

Address _____

Phone _____

Please briefly explain how this person has contributed the dental hygiene profession through education or community services.

Nominated by _____

Phone _____

Sigma Phi Alpha, Chi Pi Chapter
University of Maine
Dental Health Programs
29 Texas Ave.
Bangor, ME 04401-4324
Attn: Ann Curtis

Sigma Phi Alpha, Alpha Beta
Westbrook College
Department of Dental Hygiene
716 Stevens Ave.
Portland, ME 04103
Attn: Ellen Beaulieu

Bulk Rate
U.S. Postage
PAID
Permit #477
Portland, ME

the scoop
Kris Blaisdell, President
10 Tall Pine Rd.
Cape Eliz., ME 04107

We deliver.

Patterson has fast product delivery, expert technical service, computerized office design and knowledgeable equipment specialists ready to assist you.

When it comes to customer service, nobody works harder than Patterson.

Portland Branch 1-800-639-1801
Boston Branch 1-800-842-5355
Tooth Department 1-800-842-1300

 **PATTERSON**
Patterson Dental Company

Procter & Gamble

CATHERINE STIMPSON
Section Manager
Professional Sales/Health Care Products
(800) 553-5075

The Procter & Gamble Distributing Company
2 Procter & Gamble Plaza
Cincinnati, Ohio 45202-3314

"Excellence through Innovation"

CREST COMPLETE TOOTHBRUSH

CREST

PERIDEX

SCOPE