



Spring Issue - #13  
March 2016

# The SDHA Edge

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The SDHA Edge is the newsletter publication for dental hygienists in Saskatchewan. The newsletter is circulated in November, March and July each year to inform members about issues that affect their dental hygiene practice. It has been designed to be a tool and resource for members to keep current on news, programs and services of the SDHA, new technologies and research, and a forum for discussion about current topics of interest.

Story ideas, articles and letters are always welcome. Please send your submission to [sdha@sasktel.net](mailto:sdha@sasktel.net).

## Saskatchewan Dental Hygienists' Association

Striving for optimal oral and overall health for the people of Saskatchewan, and a dynamic dental hygiene profession.



**Register NOW!!**  
**April 15 & 16, 2016**

Travelodge Hotel, Regina

Live, Love, Learn  
2nd Annual SDHA Conference

This two-day, action packed event will offer quality health and oral health education and a time to celebrate our profession. Fantastic speakers, dental hygiene focused topics, and time to network with your colleagues!

**PLEASE JOIN US!!!**

### Speakers and Topics to include:

- **Betsy Reynolds:** Inflammatory Remarks and Nutrition News
- **Dani Botbyl:** Ultrasonics from Start to Finish! Hands-On Course
- **Joanna Asadoorian:** Reconsidering the Client Role in Oral Health: A New Approach to Stimulate Positive Behavioural Change
- **Dean Lefebvre:** New Products and Dental Hygiene Trends
- **Periodontist Dr. Jill Bashutski:** Modern Periodontal Disease: What You Need to Know
- **Kellie Watson:** Professional Practice Discussion: Recordkeeping, Dental Hygiene Billing and SDHA Q & A
- **Jennifer Minor Johansson:** Introduction to Work Life Balance
- **Jenna Anderson:** Tobacco Cessation: A Focus on Oral Health Considerations

### Registration :

- ⇒ **Full Conference Fee (2 Days)**  
\$225 (between March 2 and April 10)
- ⇒ **One Day Fee (Friday or Saturday) \$130**
- ⇒ **Students: \$50**
- ⇒ **Ultrasonics Hands-on: Additional \$25 Fee**

**Online Registration and a full description of courses can be found at: [www.sdha.ca](http://www.sdha.ca)**

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## President's Message - Kaylen Wiens

With the new year in full swing, I'm sure many of us have had time to reflect on the past year and set new intentions for the year ahead. "Resolution" is a word often brought up at this time of year, but indeed, unrealistic and/or forced goals can sometimes set a person up to feel defeated - it's such a delicate balance. This is why I find that it is so important to be setting (and achieving!) small goals throughout the entire year. By setting aside time in one's busy schedule to do exactly this - honest self-reflection and thoughtful planning - one should always have something exciting to work towards, all while maintaining accountability with oneself.

A few months ago I had the privilege of representing the SDHA at the CDHA Conference in beautiful Victoria, BC. This convention provided me the opportunity to stand shoulder-to-shoulder with some of our profession's most hard-working and dedicated ambassadors from all over the world. It was an eye-opening and exciting experience that allowed me to see what a national dental hygiene conference is all about. I can assure you that I listened very attentively so I could bring back numerous ideas and recommendations from across the country. Please let me attempt to explain that there is something about hundreds of dental hygienists in one room that provides a tremendous sense of comradery - a feeling not unlike that which, I think, we all felt during our inaugural SDHA conference last April. If you have never attended a large hygiene-specific conference, please treat yourself to the experience in the near future.

Speaking of our upcoming April 2016 SDHA Conference, I hope you will take advantage of the online registration on the SDHA website. If you haven't visited our website recently, be sure to also check out the new "PL Form" online tool. This form can now be completed and managed entirely online via your smartphone, tablet, or computer (with a Word or PDF reader); this is a tremendous convenience if you are at all like me and would prefer doing without a clutter of papers which could easily be misplaced following a lecture or lunch-and-learn. I've already used this great feature on my own phone while at a recent event; I found it very user-friendly and incredibly efficient. Again, I encourage you all to check it out!

In November, The SDHA Council and our various committees met for our annual Fall series of meetings. Many great discussions were had, but notably, Council revisited the topic of laser treatment by dental hygienists and saw the need for the return of a laser working group, as the last meeting with this focus occurred more than 2 years ago. An email was distributed to our membership to probe for interest in joining this working group. This effort is now underway and it is critical that we gather as much information as possible to make the best decisions for both hygienists and the public with regard to laser treatment and it's role within our scope of practice. This working group plans to meet in February to further discuss the issue and determine upcoming actions. Change doesn't happen overnight but it's great to see both members and council working collaboratively to move our profession forward.

With that said, I can't wait to see you all at the SDHA Conference in April which will take place in Regina! You will have the opportunity to hear some excellent speakers and also network with your friends and colleagues. I feel it is important that we acknowledge Kellie, the SDHA staff, and the conference committee for tirelessly organizing this weekend for us all - I'm sure it will be, once again, quite spectacular!

Best regards,

Kaylen Wiens



### **SDHA Staff & Council 2015-16**

*Top row (L to R):* Ray Sass, Kellie Watson, Karen MacDonald, Lynn Johnson, Kay Munchinsky, Tolu Oyeboode, Mike San Miguel.  
*Bottom Row (L to R):* Harmony Boisjoli, Janel Parkinson, Kaylen Wiens, Leanne Huvenaars, Jackie Kozlow.



## Dental Hygiene Diagnosis and the Dental Hygiene Process of Care

Kellie Watson, RDH, MBA - SDHA Registrar - Executive Director

Diagnosis is defined as the “art or act of identifying a disease from its signs or symptoms,” Merriam Webster’s Medical Desk Dictionary.

### **But the question is often asked - can a dental hygienist diagnose?**

As a dental hygienist, you are doing much more than simply “cleaning teeth”. Dental hygienists utilize critical thinking skills to develop a plan for and reach conclusions about a client’s needs as it relates to their oral and overall health.

The dental hygiene process of care provides a framework through which the individualized needs of the client can be met. You can find this process care within all North American dental hygiene education programs, and throughout one’s career within national and provincial standards and competencies. It is the basis and structure for any dental hygiene care that is provided, and includes 5 phases: assessment, diagnosis, planning, implementation and evaluation - ADPIE.

The dental hygiene diagnosis, is just one component of this process which is developed after a thorough assessment and informed decision-making. The dental hygienist then develops the dental hygiene treatment plan which is incorporated into the comprehensive treatment plan developed by the dentist and/or other health care providers.

In a dental practice, the dental hygiene diagnosis can be integrated into a single comprehensive care plan created together with the dental hygienists and dentist working collaboratively as professional colleagues. Dental hygienists practising in stand-alone or mobile clinics are responsible for establishing consultation and referral arrangements with dentists and other care providers. The collaborative relationship between dental hygienist and dentist and other health professionals ensures that the comprehensive treatment needs of the client will be identified, addressed and evaluated.

*The Entry to Practice Competencies and Standards for Dental Hygienists* in Canada states that a dental hygiene diagnosis involves the use of critical thinking skills to reach conclusions about clients’ dental hygiene needs based on all available assessment data (Darby & Walsh, 2010, p. 15).

Dental hygiene program curricula include lectures and clinical experience in formulating a client-specific dental hygiene diagnosis and are designed to provide students with the basic and dental science background to recognize signs and symptoms of disease and to recognize the cause or nature of the problem.

In accordance with *The Dental Disciplines Act*, subsection 23(5), dental hygienists are able to communicate an assessment and treatment plan regarding periodontal health. The SDHA Competencies are structured like the dental hygiene process of care, whereby the competencies follow the ADPIE model.

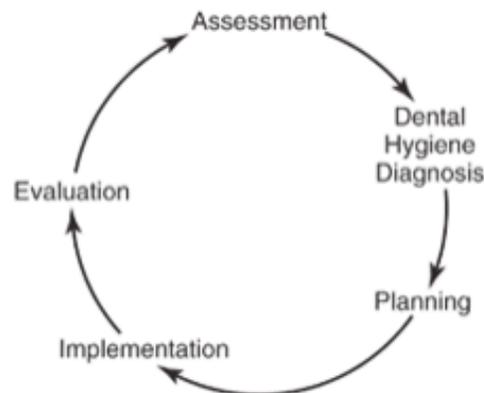
A dental hygienist performs a variety of assessments during the provision of care: information, signs and symptoms from the medical and dental history, and extra and intra oral examinations allow the dental hygienist to determine a client’s risk for oral disease, caries, and periodontal disease. From a thorough assessment, a plan can be developed to best address the treatment needs of that client.

**So when asked whether a dental hygienist can diagnose - the answer is undoubtedly - YES!!** Not only are you educated to include it as part of the process of care, it is the standard expected by all Registered Dental Hygienists. How can we recommend dental hygiene or periodontal therapy if we don’t identify signs and symptoms of disease? If we are providing dental hygiene services, we need to know when it is indicated, how well treatment worked, and when to retreat or refer. To do that, we identify the signs and symptoms of disease. We diagnose!

Although dental hygienists work interdependently with other health care providers, they are regulated providers who are responsible for their own actions and the quality of the dental hygiene care they provide. Failure to formulate, record and communicate a dental hygiene diagnosis and get informed consent for care provided puts you at risk for unprofessional conduct.

### **References:**

- *Diagnosis is a Team Sport, RDH Magazine, Volume 22, Issue 8*
- *Message from the Registrar, CRDHA InTouch, January 2014*
- *ADHA Position Paper, Dental Hygiene Diagnosis, March 2010*
- *Entry to Practice Competencies and Standards for Dental Hygienists, 2010*



***A dental hygiene diagnosis is a necessary and intrinsic element of dental hygiene education and scope of practice.***



## Join the movement to save young smiles by participating in the Canada's ToothFairy Smile Drive!

In April 2016 for National Oral Health Month, or throughout the year, Canada's ToothFairy and the Saskatchewan Oral Health Coalition invite you to participate in the Canada's ToothFairy Smile Drive. The Smile Drive is a national campaign to collect and distribute oral healthcare products for children and youth in need.

Over the last two years, more than 660,000 oral healthcare products have been distributed to children and youth in North America as a result of the Smile Drive.

This year, you can lead a Smile Drive at a school, business or practice, benefiting children and youth in your community. Simply set up a collection box for donated products, choose a local charity to receive your donations, and deliver the oral healthcare items you collect by April 30, 2016.



Register and download your free Smile Drive Toolkit today at [www.CanadasToothFairy.org](http://www.CanadasToothFairy.org) or call 800-559-9838.

Please share with us how you made a difference in the lives of your community! Pictures and stories can be sent to: [sohcadm@saskohc.ca](mailto:sohcadm@saskohc.ca)



## Total Your Health Begins With Your Dental Hygienist!

National Dental Hygienists Week™ is coming! Mark your calendars - April 9 - 15

Visit [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) for details, printable resources, and more!

## Health Promotion Initiatives

*The SDHA continues to move forward with many initiatives to promote the oral and overall health for the people of Saskatchewan. Here are some of things we are up to.*



**The Global Gathering Place (GGP)** is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon. Global Gathering Place helps these newcomers to Canada adapt to life here by offering support and skill development, acceptance, and a welcoming environment.

With the recent arrival of refugee families from Syria, the SDHA is working with the Open Door Society and The Global Gathering Place to provide education sessions and oral health supplies. Tahere Ansari, SK RDH who originally immigrated to Canada from Iran 10 years ago, knows first hand what being a newcomer is all about. Tahere has been instrumental in linking with the Open Door Society and will be providing some presentations on behalf of the SDHA.

As well, several times a year, Chris Gordon, on behalf of the SDHA, provides an informative oral health presentation to a group of immigrant women as part of The Global Gathering Place WELL program. This program provides for an informal and comfortable environment in which they are able to practice their English and ask many questions regarding oral care and the health of their families. We provide information on the oral systemic link, oral hygiene instruction, the importance of visiting their oral health care provider and making an appointment. The participants are always so thankful for the information we provide along with the toothbrushes, floss, toothpaste and mouth rinse that is provided. The next presentation is scheduled for April 20, 2016.



In 2015 we formed a relationship with the Education Coordinator from the **Saskatoon Industry-Education Council**. The SDHA was asked to be part of a high school student career day to provide information on a career in dental hygiene. Since that time, Tessa Creary and Chris Gordon provided dental hygiene career information at a Career Day on December 1st, 2015 and Kellie Watson and Chris Gordon presented at Tommy Douglas Collegiate to a group of grade 11 students in their Health Course. On March 22, we will again be part of a Career Day held at SK



Polytechnic in Saskatoon providing grade 11 and 12 students information about the profession of dental hygiene.

Is there something you, as an individual dental hygienist can do in your community? A presentation, screening, or donate oral health supplies? We encourage you to reach out and help those in need, educate others on the profession of dental hygiene and help to improve the overall health of the people of Saskatchewan. If you need help with this, please let us know. And please share what you are doing! We want to hear how you are making a difference!

## The SDHA Website - DID YOU KNOW?

The Members Only Section of the SDHA Website at [www.sdha.ca](http://www.sdha.ca) offers you access to:

- **Your CCP Transcript** - 24 hours a day, 365 days a year. Within 2 to 3 weeks of submitting a request for CCP credit, you should see an up-to-date version of your CCP record online.
- **Change your contact information** - please update us with changes immediately so that mailings are received.
- **Change your SDHA Password**
- **Print a duplicate receipt** - you can access your current license receipt for income tax purposes, free of charge. A \$25 charge will apply if the SDHA office issues duplicate receipts.

To login to the Members Only Section of the SDHA website, Visit [www.sdha.ca](http://www.sdha.ca)

- On the right margin, under SDHA MEMBERS, click "Member Login"
- Enter your SDHA Number: A 3 or 4 digit number (not the same as your CDHA number which is 4 or 5 digits) that appears on your license/registration certificate.
- Password: Login using the password you previously established. The SDHA does not store passwords. If your login attempt was unsuccessful, a password reset function will appear under the password field in red. If you have problems logging in, please contact the SDHA at 306-931-7342, extension #2 or [sdhaadmin@sasktel.net](mailto:sdhaadmin@sasktel.net)



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

## CDHA CORNER

*Hello Dental Hygienists of  
Saskatchewan,*

*I am Leanne Huvenaars,  
CDHA's board member for  
Saskatchewan.*

*I am very proud and  
honoured to have the  
opportunity to sit on  
this national board,  
which advocates for the  
profession and has a forward-thinking approach to our  
future. Many dental hygienists over the last 50 years  
have sat where I am sitting and have done great things.  
The staff at CDHA are second to none. They are always  
willing to answer questions you may have. Please do not  
hesitate to call them if you need anything.*



*For those of you who do not know me, please allow me  
to introduce myself. I currently sit as vice president of  
SDHA and was president prior to that for 2 years. I am  
currently in my first year of my second term with SDHA;  
I am serving my first year of my first term with CDHA. I  
graduated from SIAST in 1995 with a diploma in dental  
assisting and worked as an assistant for approximately  
6 years. In 2004, I received my diploma in dental  
hygiene from SIAST.*

*I know that this is the profession I was meant to be in. I  
am passionate about dental hygiene and look forward to  
showing that in my time serving you provincially  
and nationally.*

*I am a mother of two and a wife of a very understanding  
man. He supports me in every new adventure and I am  
very grateful to him for that. I am always excited to  
try new things and have a thirst for knowledge. I pride  
myself on being professional and will do you proud as I  
represent our profession.*

*Currently, I reside in Tisdale, SK. I am the co-owner of  
an independent dental hygiene clinic. We provide care  
in the clinic as well as in two First Nations communities.  
We work collaboratively with our contract dentist to  
provide the full spectrum of dental care.*

*I look forward to seeing you at SDHA's many continuing  
education seminars as well as at the AGM or possibly at  
the dental hygiene conference in April.*

*Sincerely,*

*Leanne Huvenaars, RDH*

saskatchewan@cdha.ca

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

Baccalaureate Dental Hygiene Education: Exploring the  
New National Competencies (March 9)

Coming soon... An Overview of the Peer Review  
Process; Oral Health and Long Term Care

Key Highlights from the 2015 Job Market and  
Employment Survey (now on demand, along with 20  
other titles—many free!). [www.cdha.ca/webinars](http://www.cdha.ca/webinars)

### 2015 CDHA JOB MARKET AND EMPLOYMENT SURVEY REPORT

Read all the latest data on employment and  
compensation trends and the workplace environments  
of Canadian dental hygienists. The full report is now  
available to members only at  
[www.cdha.ca/2015JobSurvey](http://www.cdha.ca/2015JobSurvey)

### NATIONAL TELEVISION ADVERTISING CAMPAIGN

Watch for ads on CBC, Slice, Showcase and Séries+  
highlighting the dental hygiene profession between  
April 9 and 15. Our expected audience reach is  
2,230,200.

### NATIONAL DENTAL HYGIENISTS WEEK™

Save the date! April 9-15. #NDHW16 is coming...  
Get ready to put your purple back on and show your  
#dhpurplepride

### DH IN HD VIDEO CONTEST

After 4,477 video views and member voting, the winner  
is Jessica Gahunia with 26% of the popular vote. View  
her video entry here: <http://bit.ly/1mdoZib>

### AREAS OF INTEREST ON OUR WEBSITE

- Update Your Membership Profile:  
[www.cdha.ca/profileedit](http://www.cdha.ca/profileedit)
- Media Releases, CDHA and our Members  
in the News:  
[www.cdha.ca/press](http://www.cdha.ca/press)
- Oral Health Calendar of Events:  
[www.cdha.ca/calendar](http://www.cdha.ca/calendar)



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www.facebook.com/theCDHA

## ***SDHA Laser Policy Position Statement - 2016***

In February 2014, the Saskatchewan Dental Hygienists' Association (SDHA) first established a position statement regarding the use of lasers by registered dental hygienists for periodontal treatment. At that time, a commitment to perform a bi-annual review of this policy as it related to current research and practice was made.

It is the SDHA's primary responsibility to ensure the public receives safe, competent dental hygiene care, and thus the establishment of policies/guidelines relating to scope of practice falls within the SDHA's Council's mandate.

In February 2016, a working group was struck that included SDHA Council members, and other SDHA dental hygiene members. The following review was performed:

- Consultation with all SK Periodontists
- Consultation with the Director of the School of Dental Hygiene, SK Polytechnic
- Consultation with the Dean of Dentistry, University of Saskatchewan
- Consultation with laser experts/companies across Canada
- Consultation with the College of Dental Surgeons of Saskatchewan
- Review of the position statements from the American Academy of Periodontology (AAP)
- Review of the position statements from the Canadian Academy of Periodontology (CAP)
- Review of the current research in the field
- Review of policy statements of other Canadian Dental Hygiene Regulatory Authorities

*Based on this review, the SDHA's position statement regarding the use of lasers by dental hygienists for periodontal treatment **remains unchanged:***

***The SDHA does not allow the use of lasers in the treatment of periodontal disease, or other oral conditions (aphthous ulcers, geographic tongue, etc).***

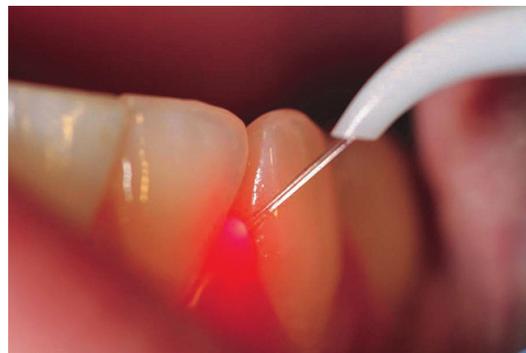
The SDHA has adopted this position through the review of research and consultation with experts. There continues to be a lack of scientific evidence on the efficacy of lasers in the treatment of periodontal disease and there is potential to cause permanent thermal damage to bone and tooth root structure if used inappropriately. In addition, laser technology is not utilized or supported for the treatment of periodontal disease by Saskatchewan Periodontists, nor is it taught as part of the curriculum of either the dental hygiene or dentistry programs. It is important to note that The Canadian Academy of Periodontology (CAP) and the American Academy of Periodontology (AAP) do not recommend or support the use of lasers in the treatment of periodontal disease.

The SDHA Council respects that current research and practice must continually be considered. As such, this policy and related literature will be reviewed bi-annually (next review in February 2018).

If you have any questions regarding this policy, please contact Kellie Watson, Registrar-Executive Director at [sdha@sasktel.net](mailto:sdha@sasktel.net) or 306-931-7342, extension 4.

### References:

- <http://www.joponline.org/doi/pdf/10.1902/jop.2011.114001>
- <http://www.cda-adc.ca/jcda/vol-76/issue-2/10702.pdf>
- <http://www.cap-acp.ca/en/public/lasers.html>
- <http://walshperiodontist.com/wp-content/uploads/2011/11/Lasers-and-the-Chronic-Treatment-of-Periodontitis.pdf>
- <http://www.joponline.org/doi/pdf/10.1902/jop.2006.050417>





## **RDH SPOTLIGHT:**

*featuring a member that you need to know about!*



### **Janet Gray, RDH, SDT**

**Education:** I began my dental career in public health as an uncertified dental assistant for the Saskatchewan Dental Plan in 1974. I later completed my education in both dental nursing (therapy) in 1977 and dental hygiene in 1996. Upon graduation from dental therapy at Wascana Institute of Applied Arts and Sciences I worked with the SK Dental Plan in Saskatoon for two years and then moved to LaRonge where I have lived and worked for the past 37 years.

**Greatest Professional Highlight:** In 1979 my husband Ken and I moved to LaRonge, SK where I pursued my career in public health dentistry. I spent 17 years working as a clinical dental therapist within The Children's Dental Program in elementary school dental clinics throughout northern Saskatchewan. Presently, I am working as a dental consultant/educator for the Ministry of Health and the three northern health regions in northern Saskatchewan.

I have had many great challenges along the way and have had the opportunity to visit many northern communities and meet many wonderful people. In the north, everyone works together to help make a difference in the lives of all residents. Great working relationships are developed. I feel the opportunities that I have had over the past 39 years have been more than I could have ever asked for. I can honestly say that I truly love my job. Whether it means being in a classroom of children, adult students, prenatal parents or sitting around the table with provincial dental directors from across the country. I don't meet many people that can say after 39 years they still enjoy coming to work every day.

The geographic area in the north requires work life to be a little different. Transportation to other communities is often via float planes, single and double engine planes and getting from the plane to the school or health center can be via snowmobile, truck, van, or taxie, and I also remember going from one community to another in a small fishing boat.

I remember many times getting to a community where the primary care nurse was in need of a second set of hands and I was always eager to help while the nurse stitched up a head wound or to accompany the doctor on a medivac with a prenatal mom that just couldn't wait to deliver her healthy baby girl midway to LaRonge.

Another highlight and honor was when I was approached in 2007 by the Lieutenant Governor of SK asking me if I would be the female chaperone for the "10 Days That Will Change Your Life" Leadership Youth Forum. Seeing 100 Youth graduate during the 5 years of Leadership Forum was very gratifying and reassured me that our youth in the province can make a difference. I am still in contact with many of the graduates and I am impressed by their accomplishments.

Throughout the years I have also served on both the Saskatchewan Dental Therapists and Dental Hygienists Dental Associations.

**Greatest Joy:** My greatest joy has been raising my two beautiful children in northern Saskatchewan and watching them become adventurous, knowledgeable, hardworking and successful young adults.

**Greatest Challenge:** One of my greatest challenges has been teaching people to understand the importance of oral health as it relates to general health.

**Outside Work, I Love To:** I love spending time with family and friends whether it be at home or out at the cottage on Lac LaRonge. Activities that I enjoy are: traveling, cross-country skiing, walking, hiking, yoga, kayaking and spending time in the boat fishing.

**Favorite Inspiration Quote:** "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel". –Maya Angelou

**Final Words:** I feel very fortunate to have had a career that I have enjoyed. I have worked hard to make a difference in people's lives and we, as a dental community, have been able to observe many positive changes over the years. I feel I work with some amazing people and I have made some amazing friendships and connections along the way throughout Canada.

***If I could leave a few words of encouragement – stay positive, be honest, work hard and as a dear friend of mine once said "you can only do so much"!***



**Stop Marketing to Kids Coalition**  
Advocates for restricting food and beverage marketing to kids

## Health organizations tell food industry: pick on someone your own age

A national coalition advocating for restrictions on food and beverage marketing to children and youth was launched on February 24, 2016 at the Chronic Disease Prevention Alliance of Canada (CDPAC) annual conference. Co-led by the Heart and Stroke Foundation and the Childhood Obesity Foundation, the Stop Marketing to Kids Coalition says the time has come to protect children and to support parents to make healthy decisions for their families.

“Marketing works, plain and simple. This is why food and beverage companies do it and this is why it has to stop where our children’s health is concerned,” says David Sculthorpe, CEO, Heart and Stroke Foundation. “Our children are not their business.” In Canada, as much as 90 per cent of the food marketed to children and youth on TV is unhealthy. Kids are targeted through many channels and in different venues. This includes TV and movies, and in schools, rec centres, stores, and restaurants, and across the Internet. Tactics include logo placement and coupon giveaways, sponsorships, celebrity endorsements, branded videogames, product placement, and toy giveaways in restaurants.

“Parents work extremely hard to teach their children healthy habits as they know the habits they form at an early age follow them through their lives. We need to help parents as they strive to instill healthy preferences in their children,” says Dr Tom Warshawski, Chair, Childhood Obesity Foundation. “To do this we need to protect our children and youth from harmful industry marketing tactics.” The coalition has developed the Ottawa Principles, which outline the policy recommendation of restricting commercial marketing of all food and beverages to children and youth 16 and under, with marketing being defined as any means of advertising or promoting products or services. The restrictions would not apply to non-commercial marketing for valid public health education or public awareness campaigns. The Ottawa Principles also include a set of definitions, scope, and principles to guide policy development.

Unhealthy eating choices are closely linked with childhood overweight and obesity, which can result in the premature onset of heart disease and stroke risk factors, such as high blood pressure. Regulations limiting marketing to children have been effective and cost efficient. Furthermore, restricting TV food advertising to children would be one of the most cost-effective population-based interventions available to governments today.

At the same time, industry measures to self-regulate have not worked. Research shows that the nutritional quality of food advertised to children hasn’t improved and the amount of advertising has actually increased since industry adopted voluntary measures. As well as the Heart and Stroke Foundation and the Childhood Obesity Foundation, the coalition includes eight Canadian health and civil society organizations as partners, and dozens of other groups and key individuals have endorsed the Ottawa Principles.

More information about the coalition including the Ottawa Principles, and a mechanism for concerned Canadians to send their member of parliament a letter supporting restrictions on food and beverage marketing to kids, is available at the coalition website at [www.stopmarketingtokids.ca](http://www.stopmarketingtokids.ca)

### Stats:

- Only 45 per cent of youth ages 12 to 19 eat at least five servings (the minimum recommended) of fruit and vegetables daily.
- 31.5 per cent of Canadian children and youth ages 5 to 17 are overweight or obese.
- Only 7 per cent of Canadian children and youth get the recommended amount of physical activity.
- A report released by the US Centers for Disease Control and Prevention in August 2015 suggests obesity levels for Canadian (and US) children have levelled off, but they are still at the highest level ever.

### About the Heart and Stroke Foundation

The Heart and Stroke Foundation’s mission is to prevent disease, save lives and promote recovery. A volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. [heartandstroke.ca](http://heartandstroke.ca)

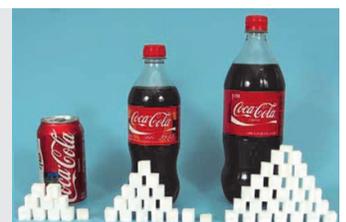
### About the Childhood Obesity Foundation

The mission of the Childhood Obesity Foundation is to lead a societal shift toward healthy eating and active lifestyles to promote childhood healthy weights and the resulting physical and emotional impacts. [childhoodobesityfoundation.ca](http://childhoodobesityfoundation.ca)

**Republished with the permission of the Heart and Stroke Foundation of Canada**

***It’s a fact: Canadians consume too much sugar, especially in products that have little or no nutritional value such as sugar-loaded beverages. Cutting back on sugary drinks can reduce your risk of heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer and cavities. For children especially, drinking less sugar can help lay the foundation for a lifetime of good health and development.***

The SDHA and the Heart and Stroke Foundation in Saskatchewan are working together to educate the people of Saskatchewan about the risks of sugar consumption. Visit the Heart and Stroke booth at the SDHA Conference in April, and plan to attend the presentation at the September Oral Health Professions Conference in Saskatoon.



## Supporting Professional Development



lifelong-learning  
independent  
opportunity  
network  
technology  
creativity  
future  
fluid fast-paced inquiry  
beyond enthusiasm attention  
adapt digital  
habits countless focus  
self-motivated evolving practise limitless  
informal-learning

Anaphylaxis / Blood Borne Pathogens  
\*\*\*\*\*  
Autism Spectrum Disorders  
\*\*\*\*\*  
Myers Briggs: The Power of Personality Preferences

Shana Mohr, FASD & Susan Woodley, RDH:  
Healthy Beginnings from Mom to Preschoolers

April 9, 2016

9:00am - 3:30pm

(8:30 am Registration)

Western Development

Museum

Saskatoon SK

April 30, 2016

9:00 - 10:15am - AGM

10:30 - 4:00pm - PD

(8:30am Registration)

Queensbury Convention

Centre Entrance

Evraz Place - Regina SK

For course information, visit the SDAA website at <http://sdaa.in1touch.org/site/home> or call 306-252-2769.

Register online at:

<http://sdaa.in1touch.org/client/event/events.html>

### Online CCP Opportunities

- CDHA: [www.cdha.ca](http://www.cdha.ca)
- [www.oralhealthed.com](http://www.oralhealthed.com)
- [www.caseyhein.com](http://www.caseyhein.com)
- U of S College of Dentistry: <http://www.usask.ca/dentistry/alumni/continuing-education.php>
- Dentsply: [www.cavitronworld.com](http://www.cavitronworld.com)
- DVD Quarterly for Dental Hygienists: [www.dvdquarterly.com](http://www.dvdquarterly.com)
- Dental Learning Network: [www.fice.com](http://www.fice.com)
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- American Dental Hygienists Association: [www.adha.org/careerinfo/continuing\\_education.htm](http://www.adha.org/careerinfo/continuing_education.htm)
- Crest Oral B/Procter and Gamble: [www.dentalcare.com](http://www.dentalcare.com)
- I Need CE: [www.ineedce.com](http://www.ineedce.com) (Penwell, Hu-Friedy)
- Colgate Oral Care (Forsyth Inst): <http://www.colgateoralhealthnetwork.com/>
- Free Interactive and Self-Study CE: [www.premierdentallearning.com](http://www.premierdentallearning.com)



#### The Saskatchewan Oral Health Coalition:

Through a unified voice, the Saskatchewan Oral Health Coalition works collaboratively with dedicated partners to improve the oral and overall health of Saskatchewan residents.

As an inter-disciplinary group, we strive to identify and address the needs of vulnerable populations, and by using evidence based decision making, promote advocacy, education, prevention and standards.

**UPCOMING EVENT:** Monday, May 16, 2016 – Saskatoon, SK - German Cultural Centre, 8:30 a.m. – 4:30 p.m.

**Everyone Welcome!** Visit us at [www.saskohc.ca](http://www.saskohc.ca)

Topics to include: Day Surgery Perspective, Sugar Sweetened Beverages, OH Status of Immigrant/Refugee Children in SK...and more!

## FREE DENTAL HYGIENE DAY 2016

On **May 7, 2016**, Saskatchewan Polytechnic will be hosting the first annual **Free Dental Hygiene Day!**



This one-day event allows Registered Dental Hygienists to give back to their community by providing no-cost dental hygiene care. On this day, Registered Dental Hygienists will open their hearts to provide oral health care to the public who may be financially unable to receive dental hygiene care or who have difficulty accessing dental hygiene treatment. *Free Dental Hygiene Day* is a day set aside for Dental Hygienists to educate everyone on the link between oral health and overall health.

**Do you want to be part of this event?** We thought you might!

Make a difference by simply doing what you do best – dental hygiene care, scaling, polishing, fluoride treatments, oral cancer screenings, brushing, flossing, and best of all, education about the importance of oral health and the patient's overall health.

Following patient care, lunch will be provided to all volunteers. Also, Continuing Competency Credits will be offered to participating Registered Dental Hygienists.

To join us in making this day a success, please email [bedard7500@saskpolytech.ca](mailto:bedard7500@saskpolytech.ca) or [ellis4310@saskpolytech.ca](mailto:ellis4310@saskpolytech.ca)

## Meet our Saskatchewan Polytechnic Representatives

The connection between the SDHA and Saskatchewan Polytechnic is extremely valuable! We sincerely appreciate the time and commitment of the dental hygiene students that represent each class to be the liaison between the dental hygiene program and the SDHA.



Back row (L to R): Kayla Hlatky, Sandeep Dhaliwal, Kristin Jerkovits. Front row (L to R) Cassandra Sequin, Jody Johnson



L to R: Korbin Felsky, Kaelyn Oberle, Alyssa Reimer, Erin Currie



## Dental Day - May 7, 2016

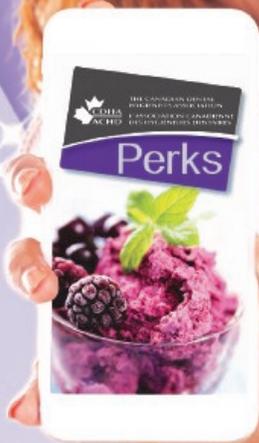
Preparations for Dental Day 2016 are underway with the date scheduled for Saturday, May 7, 2016 at the Saskatchewan Polytechnic Dental Clinic at the Regina Campus.

Saskatchewan Polytechnic Dental Hygiene students partner with the Regina Food Bank and the Regina Open Door Society to help identify individuals who are in need. Dental Day allows us to come together as a community to provide free dental treatment to Regina residents and surrounding communities who experience financial barriers which prevent them from accessing much needed dental care.

Last year's Dental Day involved 125 volunteers, including 16 dentists, 2 denturists, 5 dental therapists, 21 dental assistants and 8 dental hygienists. These volunteers had the opportunity to see 80 clients and complete \$28,000 worth of dentistry.

If this is something you are interested in being a part of, or you would like to find out more information about Dental Day, please contact Dean Lefebvre at [dean.lefebvre@saskpolytech.ca](mailto:dean.lefebvre@saskpolytech.ca) or call 306-775-7552.

# Your Membership now includes **CDHA Perks**



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For more details, visit [www.CDHA.ca/CDHAPerks](http://www.CDHA.ca/CDHAPerks) **TODAY!**

JOIN THE  
ESTHER WILKINS  
EDUCATION PROGRAM  
SPECIFICALLY DESIGNED FOR  
DENTAL HYGIENISTS.

You will receive a Community Education Kit that can be used for presentations in your community.

Community Presentations are eligible for CCP credit and are an excellent way to promote oral health in Saskatchewan!

The SDHA have these kits and other resources available for loan.

Please contact us if you are interested in health promotion activities.



**Become a Peer Tutor !!**

The dental hygiene students at SK Polytechnic (formerly SIAST) are looking for experienced dental hygienists in the Regina area to be tutors.

If you have some spare time in the evenings and weekends and would like to earn some extra money, please contact SK Polytechnic(Regina) Learning Services, Room 207.12 (library) at 306-775-7729

or email [LSwascana@saskpolytech.ca](mailto:LSwascana@saskpolytech.ca)  
CCP credits are also granted for tutors.

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## CONGRATULATIONS

CDHA recognized SDHA  
members in 2015  
with 25 Year pins.

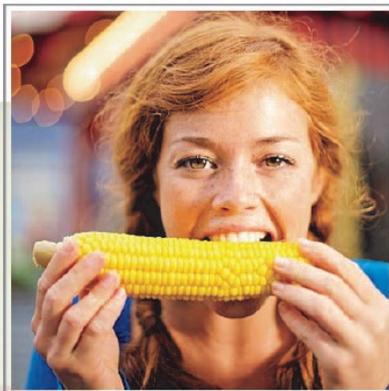
- \* Lori Coben
- \* Lori Pollock
- \* Deanna Rochat

Thank you for all you have done over the years in your efforts as a caring health care professional. You have made a difference and significantly contributed to the improvement in the overall health of the people of Saskatchewan. Your dedication to the health of your clients and community is something to be very proud of.



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Canadian Dental Hygienists Association

## 2015 Job Market & Employment Survey Report

Executive summary and full report available at:  
[www.cdha.ca/2015JobSurvey](http://www.cdha.ca/2015JobSurvey)

