



# Maryland

## Dental Hygienists' Association

Newsletter

Fall 2018



### President's Pen:

Many people believe that spring is a time for new beginnings.

The flower buds begin to poke out of the ground and life blooms with the warmer weather. For me, September has always been a time for new beginnings. I remember getting new clothes and shoes for the brand new school year filled with new classmates and teachers. I have recently thought about 8 years ago when I first started my dental hygiene journey. I was a new student at the University of Maryland

School of Dentistry starting my third career as a hygienist. I could never have known then just how much it would change my life.

At ADHA's Annual Conference in Columbus, Ohio, they had a speaker at one of the morning sessions named Michael Jr. He is a comedian and he talked about "knowing your why." Why did you originally become a hygienist? I think as hygienists' we get so caught up in the day to day grind of being a clinician that we forget about that original passion that called us to become a hygienist.

Being a member of ADHA and attending ADHA and MDHA events helps me to stay in touch with my "why." I get to connect with other amazing hygienists' from around the country and our state and I am invigorated by their passion. As president, I also have had the opportunity this year to help shape our profession in Annapolis. I was able to advocate for Dental Therapy and talk with legislators about dental hygienists.

Think about all of the insurances you purchase to protect yourself. You buy disability insurance in case you get injured and cannot work. You buy car insurance in case you get in a car accident. You also buy health insurance so that you can obtain proper preventative and emergency care. ADHA membership is insurance designed to protect and improve your profession. As a member, you can be as active as you choose. Not every member needs to be president of your component or constituent. But we need you to join us so that we can continue to advocate for you. Only through your membership and contribution will we have the resources to advocate for, and obtain, a broader scope of practice. Join me in insuring our profession and the

careers of dental hygienists thrive for years to come.

Serving as your president this year has been an honor and a pleasure. I thank you for your trust in me and I thank you for all that you do everyday for your patients to ensure their total body and oral health.

Better Together,

*Jody Berinato, RDH, BS*

MDHA President 2017-2018

jodyberinato@gmail.com

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## Annual Session

Join us at the 2018 MDHA Annual Session!  
Registration is **OPEN!**

Click to register:

[2018 MDHA Annual Session Registration](#)

If registering for all day Friday, choose: 1-day badge

If registering for the whole conference, choose Full Conference badge

If only registering for a couple of courses, choose Pay Per Course

CE

### 2018 Session Highlights:

- NEW Location: Hilton Garden Inn, White Marsh, MD!
  - Need a room? MDHA has a room block, use code MDHA 363958 to get rooms for \$99
- Great Speakers!
  - Sathiyathan Nadarajah, BDS, DMD
    - Diagnosis and Managements of Mucogingival Conditions
  - Kathryn Battani, RDH, MS & Lisa Bress, RDH, MS
    - Oral Health Care During Pregnancy
  - Sarah Clark, RDH, IPDH, CSMC
    - Namaste in My Op
  - ADHA Past President!!!
    - Kelli Swanson Jaecks, RDH, MA
      - Martinis and Menopause: Exploring Oral & Systemic Implications in Women's Health

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Legislative Update

This year our legislative committee worked in support of **Senate Bill 544/House Bill 879: Health Occupations - Advanced Practice Dental Hygiene (aka Dental Therapy).**



MDHA legislative committee members participated in regularly scheduled bi-weekly conference calls, live committee meetings and events. Working and planning with our lobbyist, Julia Pitcher Worcester, our committee members assisted in the editing and wording of the drafted bill to expand our scope of practice and create access to care for the people of our state.

Committee members obtained donations of oral care supplies from various sources for our annual Lobby Day in Annapolis. At our "Bag Stuffing" event held in preparation for Lobby Day, our committee put together gift bags with our MDHA logo that were filled with oral home care items (toothbrushes, toothpaste, floss, Listerine samples, etc.) and educational materials noting who we are and what we do as licensed healthcare providers. They also contained information about our bill and why it is necessary to create "dental therapists." Reaching out to educate our local government officials on our Lobby Day, these gift bags were distributed to legislators and their staff members by our committee members and dental hygiene students from multiple schools. We covered the offices in the Maryland State Senate and House of Delegates in one afternoon!

Our lobbyist, Julia, organized our list of supporters willing to speak and provide reasoning and statistics on behalf of our bill. Finally, we employed our greatest efforts through live and written testimony in support of our bill. Thanks to those of you who were able to sacrifice the time to testify in person, and those who provided thoughtful written testimony. Unfortunately, our bill did not pass this year but we have made progress. We been able to get legislators to ask questions about dental therapy and dental hygiene. It's a step forward. With the support of the ADHA, and increased planning and outreach efforts, we will push forward again this upcoming legislative term to create this mid-level provider position in an effort to help those that so desperately need us.

Sincerely,  
**Suzy Burgee, RDH, BS**  
**MDHA Legislative Chair**  
**[sburgeerdhbs@gmail.com](mailto:sburgeerdhbs@gmail.com)**

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### **Student Corner**

Bertha Morgan Scholarship  
Congratulations to Sonya Gebregzabher from Howard Community College for winning the 2018 Bertha Morgan Scholarship!

Thank you to Montgomery County for donating additional funds for the scholarship!



## Membership Update



A BIG THANK YOU to all our members: older-timers, reinstated members, new comers to our state, and new grads. We say this a lot, but your membership is an investment in our profession and the public we serve. Let that sink in - to invest is "to use, give, or devote (time, talent, etc.), as for a purpose or to achieve something" (*Dictionary.com*, 2018). Your membership dollars are used for a purpose: providing quality continuing education courses, opportunities for networking, expanding scope of practice, and expanding access to care. The only way to make these goals happen is to have your financial support as well as your membership. They say money talks, but just as important as money is numbers. Numbers TALK! And that means growing our membership numbers. The more we can show our state legislators that the Maryland Dental Hygienists' Association proudly represents a majority of dental hygienists in our state, the more we will have influence in Annapolis. Our voices are louder together.

Do you want to treat patients in schools, nursing homes, long-term care facilities or even in their homes without first having to have a dentist prescribe dental hygiene treatment? Perhaps you want to advance your career and become a dental therapist who has prescriptive, restorative and therapeutic authority. Do you want to do non-surgical periodontal treatment under general supervision? Do you want the freedom to move from state-to-state without the trouble and worry of obtaining a new dental hygiene license? Your membership can make this happen.

In addition to creating these new professional opportunities, we must be at the forefront of addressing the paradigm shift in dentistry, which is the increasing link between oral and systemic health. We, as dental hygienists, are *the* leading experts in preventive oral healthcare. If we do not lead our profession and advocate for preventive oral healthcare for the public, who else will? We do not want to be a follower, we must be leaders in our own profession.

Being a member of our professional association is all of our responsibilities. Our colleagues in the DC Dental Hygienists' Association said it best "Non-members want to know 'what's in it for me?' Well here's an answer you probably haven't heard yet - It's not about YOU! It's about advancing our profession and the public we serve. When your state breaks legislative boundaries to expand your scope of practice -

what organization stands behind that?"

We thank you for your membership and continued support, and we need more members like you! As new membership chair, I challenge all our members to reach out to your colleagues who are not members and invite them to be an ADHA member. Welcome them to your component and state CE events. MDHA will be reaching out to non-members and actively engaging our current members to get the momentum going. Let's be the rock stars that we are and work to make a tangible difference for everyone in our state!

Because we are better together,  
Nancy An, RDH, BS  
MDHA Membership Chair  
Immediate Past President Greater Baltimore Dental Hygienists' Association



### **Welcome NEW and reinstated Members!**

Nicoletta Avgeropoulos, Nakia Barton, Anlyn Baughan, Gail Bradshaw, Courtney Bray, Alicia Brooks, E Ann Buzzard, Tricia Caldwell, Judy Cardano, Patricia Coffman, Staci Cohen, Michelle De Giorgi, Therese DeGraw, Michelle Diggs, Jenny Eisenhuth, Karen Escolopio, Janette Farrington, Gloria Ferguson, Jennifer Ferrusi, Maria Figueredo, Maylee Figueroa Rodriguez, Nora Flack, Sandra Gaitan-Diaz, Mehvish Ghazanfar, Wendy Gildden, Giovanna Gilman, Adriana Gonzalez Yung, Amie Goodwin, Alicia Green, Dolores Green, Barbara Greene-Brooks, Susan Greenslade, Elizabeth Hafer, Megan Harris, Jessica Hodges, Man It, Dana Jones, Farah Kalaiselvan, Heather Kohlhepp, Jennifer Koiner, Catherine Krajewski, Samantha Ladeira, Rebecca Landon, Jennifer Leister, Denise Logsdon, Barbara Long, Cindy Love, Helene Lowry, Joyce Martinez, Mwadi Matungul-Kakou, Cathy McCall, Constance McLaughlin, LaTasha McLee, Jessica Michaud, Geovanna Molina, Shanell Moore-Bey, Sandra Nakasone, Christina Nave, Reyhaneh Nejad, Marietta Pelote-Daniel, Tina Prince, Laurie Pryor, Christine Richardson, Carolyn Royster, Krystal Rutledge, Sarah Sacchetti, Andrea Schmitt, Akua Seinti, Lorena Serna-Pate, Cheryl Shafer, Janine Sircus, Laura Smith, Nafiseh Soolari, Lara Spaid, Ashley Szymanski, Heather Weeks, Chaturika Weerasinghe, Sharifa Wellman, Brittany Wiegand, Brittany Wilston, Cynthia Xander, Danielle Yurasko, Man Zun

### **2018 Clinician Member of the Year**

Stay tuned in the Fall on our Facebook page for the announcement of MDHA's second Clinician of the Year!

### **Congrats to MDHA's Clinicians of the Month:**

Jan 2018 -- Martha G. Blake, RDH, Hagerstown  
Feb 2018 -- DeShawn Nasr, RDH, BS, Greenbelt  
Mar 2018 -- Stacey Hamidzaeh, RDH, Kensington  
Apr 2018 -- Tara Thayer, RDH, BS, Gambrills  
May 2018 -- Carrie Secrist-Simpler, RDH, Cordova  
Jun 2018 -- Amanda Price, RDH, Abingdon

## **MDHA-Dental Hygiene Well-Being Committee**

Join us for our monthly peer support meetings at Kahler Hall in Columbia

See our website for more details  
[mdhaweell-being.org](http://mdhaweell-being.org)



### **Anxiety Disorders**

Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before undertaking an important task, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The feelings can interfere with daily activities such as job performance and relationships. There are several different types of anxiety disorders. Panic disorder and social anxiety disorder are two examples of anxiety disorders.

**Panic Disorder:** People with panic disorder have recurrent unexpected panic attacks, which are sudden periods of intense fear that may include palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking; sensations of shortness of breath, smothering, or choking; and feeling of impending doom. Panic disorder symptoms include:

- Sudden and repeated attacks of intense fear
- Feelings of being out of control during a panic attack
- Intense worries about when the next attack will happen
- Fear or avoidance of places where panic attacks have occurred in the past

**Social Anxiety Disorder:** People with social anxiety disorder (sometimes called "social phobia") have a marked fear of social or performance situations in which they expect to feel embarrassed, judged, rejected, or fearful of offending others. Social anxiety disorder symptoms include:

- Feeling highly anxious about being with other people and having a hard time talking to them
- Feeling very self-conscious in front of other people and worried about feeling humiliated, embarrassed, or rejected, or fearful of offending others
- Being very afraid that other people will judge them
- Worrying for days or weeks before an event where other people will be
- Staying away from places where there are other people
- Having a hard time making friends and keeping friends
- Blushing, sweating, or trembling around other people
- Feeling nauseous or sick to your stomach when other people are

around

Evaluation for an anxiety disorder often begins with a visit to a primary care provider. Some physical health conditions, such as an overactive thyroid or low blood sugar, as well as taking certain medications, can imitate or worsen an anxiety disorder. A thorough mental health evaluation is also helpful, because anxiety disorders often co-exist with other related conditions, such as depression or obsessive-compulsive disorder. Contact your MDDHA Well Being Committee for additional information or referral assistance at 800-974-0068. This service is free and confidential.



### Important Dates

September 28-29, 2018- MDHA Annual Session 2018 **\*NEW DATE\***  
TBD -Advocacy Day in Annapolis  
March 29-30, 2019- MDHA Spring Session 2019  
June 21 - 25, 2019- ADHA's 95th Annual Conference 2019, Louisville, KY  
October 19-20, 2019- MDHA Annual Session 2019



MDHA is partnering with the Maryland State Dental Association for this year's Chesapeake Dental Conference in Ocean City, MD. Learn more here: [bit.ly/CDCINFO](http://bit.ly/CDCINFO)



Maryland Dental Hygienists' Association | tel:443-448-4957 | [info@mail.mymdha.com](mailto:info@mail.mymdha.com) | <http://www.mymdha.com>

