BIOS AND COURSE DESCRIPTIONS:

**Dr. Tieraona Low Dog, MD**

Dr. Low Dog is the Fellowship Director for the University of Arizona Center for Integrative Medicine, overseeing all aspects of the training of physicians and nurse practitioners in integrative medicine. She most recently authored National Geographic’s *Healthy at Home* as well as *Life is Your Best Medicine*.

- She was appointed by President Bill Clinton to the White House Commission on Complementary and Alternative Medicine Policy
- She served as the elected Chair of the US Pharmacopeia Dietary Supplements and Botanicals Expert Panel for more than a decade
- She serves on the Scientific Advisory Council for the National Center for Complementary and Alternative Medicine

**Topics:**

- **Life is your Best Medicine** - Friday 9am to 12pm
  
  From wholesome food, herbal medicines, and movement to meditation, interaction with nature, and social connectedness, Dr. Low Dog draws a virtual road map to well-being that is both sensible and inspiring.

- **Women’s Health: A Woman’s Guide to Wellness** - Friday 1 to 4:30pm
  
  As women search for ways to optimize their health, we must sift through an enormous amount of recommendations, advertised in both conventional and complementary medicine. What is your personal health IQ? Do you know ways to reduce your risk of heart disease, breast cancer, and osteoporosis? Are natural hormones safe? Come join us for this highly informative session that explores strategies for optimizing health in women across her lifespan.

**Dani Botbyl, RDH**

Dani Botbyl is a leading authority in ultrasonic instrumentation, who, for the past fifteen years, has served as National Clinical Educator with DENTSPLY Canada. She lectures internationally and has published numerous articles in industry and peer-reviewed journals. Current research interests include educational preparedness of dental hygienists in the area of ultrasonic instrumentation.

**Topic: 6 Secrets to Achieving Better Ultrasonic Outcomes (Sponsored by Dentsply)**

Friday pm - Repeat sessions 1 to 2:30 OR 3 to 4:30

If you are implementing ultrasonics on any level... this course is not to be missed! In 90 minutes, Dani will share with you the 6 most clinically relevant must do’s specific to the effectiveness, efficiency, safety and comfort of ultrasonic instrumentation. A combination of discussion, video and live demonstrations are guaranteed to provide you with the practical knowledge you need to achieve better ultrasonic outcomes immediately.
Charlene Hamil
Charlene graduated from the Dental Hygiene Program at the University of Alberta. She has practised dental hygiene in many different clinical settings in both Saskatoon and Regina and is currently an Instructor in the SIAST Dental Hygiene Program.

Charlene holds an SDHA Life-Time Membership for her contribution to the SDHA, most notably her time spent as the Registrar/Secretary/Treasurer as we embarked on our beginnings in self-regulation.

Donna King
Donna received a Diploma of Dental Hygiene from the University of Manitoba and a Bachelor of Adult Education from the University of Regina. She has practised dental hygiene in both general and periodontal speciality practices and is currently an Instructor in the SIAST Dental Hygiene Program.

Donna has been a member of SDHA for many years and has served as the SDHA Representative to the National Dental Hygiene Certification Board (NDHCB), including the position of President of the Board of Governors. She remains active with the NDHCB Item Writing Committee.

**Topic: MAINTAIN YOUR EDGE Sharpening Refresher** - Friday and Saturday PM sessions - 1 to 4:30
Maximum 20 participants each session - Extra $25 fee

Using properly designed and sharp periodontal instruments cannot be overemphasized for those who want to provide effective periodontal instrumentation for clients and stay healthy doing so!

Dental hygienists are at risk for unnecessary strain which can lead to fatigue and musculoskeletal disorders. The design of new periodontal debridement instruments include precise, sharp cutting edges and working ends that facilitate effective calculus removal while reducing health risks.

This session will help you maintain your cutting edge and keep your edge by staying healthy and productive. You will practise the moving stone/stationary instrument sharpening technique on a sickle, universal and area-specific curet using a ceramic stone. Instruments and supplies will be provided by the Hu-Friedy Mfg. Co., Inc. Time will be available to evaluate the sharpening techniques, the instruments and the stones that you use in your practice, if you care to bring them along.

Kellie Watson, RDH, MBA
Kellie Watson has been the Registrar-Executive Director of the SDHA since June 2011. Prior to that, she held the position of Registrar-Executive Director with the College of Dental Hygienists of Manitoba from 2007-2010 as they began their journey in self-regulation. She graduated from the University of Manitoba; School of Dental Hygiene in 1995 and in 2005 completed a Master’s degree in Business Administration (MBA) with a specialty in Health Services Management, from the University of Saskatchewan. During her career, she has worked as a clinical dental hygienist, educator, and administrator.

**Topic: Record Keeping, Dental Hygiene Billing and SDHA Q & A**
Friday and Saturday pm - Repeat sessions 1 to 2:30 OR 3 to 4:30

Documentation, as part of the provision or oral health care services is important to protect both the client and the oral health care provider. A client’s record should include certain information and be a comprehensive, ongoing file of assessment findings, treatment rendered, outcomes, and notations. As the regulatory body for dental hygienists in SK, we are seeing the need for increased focus and attention on the dental record.

This session will include a review on appropriate record keeping, and discussion about how dental hygiene treatment time should be billed. It also will allow for a Q & A period so that members have an opportunity to inquire about anything they may have question or need clarification on.
Chris Smela, B.A.

Christopher Smela is a seasoned Advisor with Sun Life Financial where he works with his clients to help them achieve "Lifetime Financial Success". With his practice established in Saskatoon, Chris spends a large part of his time and expertise working with small business owners and families that may not have a Group Pension Plan or Group Health Plan established. He does this by meeting with his clients on a one to one basis, and assessing their current financial situation and need; from there he is able to present recommendations that will provide security in the event of an unforeseen circumstance like and early death, disability or critical illness as well as tax and savings strategies. As witness to several unfortunate events in his own family, Chris has seen both the positive and negative effects of planning; and failure to plan which he will share with us today.

**Topic: Are YOU Ready?** Saturday breakfast session 8 to 8:45 am

This presentation is intended to shed light several areas of financial planning that may be overlooked by the membership, and encourage members to take an inward look at their own situation and financial preparedness.

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Ann Eshenaur Spolarich, RDH, PhD

Ann Eshenaur Spolarich is an internationally recognized author and speaker on pharmacology and the care of medically complex patients. She has presented over 850 lectures and has over 95 professional publications. She is Clinical Associate Professor and Associate Director of the National Center for Dental Hygiene Research & Practice at the Ostrow School of Dentistry at the University of Southern California; an Adjunct Professor and Course Director of Clinical Medicine and Pharmacology at the Arizona School of Dentistry and Oral Health; and a Clinical Instructor on the Dean’s Faculty at the University of Maryland Dental School. Ann is also an independent educational and research consultant, and practices dental hygiene part-time, specializing in geriatrics.

**Topic: Commonly Prescribed Medications and Managing the Oral Side Effects of Medication Use**
**Saturday - Keynote 9am to 12pm**

The purpose of this course is to review the 20 most commonly prescribed medications taken by patients treated in the oral health care environment. A comprehensive review of drugs and dental care products used to manage the oral side effects of medications will be presented.

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Dean Lefebvre, B.Sc., RDH

Dean graduated from the University of Saskatchewan with an Advanced Bachelor of Science degree in Anatomy and attended SIAST in Regina where he obtained his Diploma in Dental Hygiene in 1996. After graduating from SIAST, Dean worked full time in private practice, started up his own mouth guard business, and taught a variety of classes at SIAST. Dean is now working as a full time instructor in the Saskatchewan Polytechnic Dental Hygiene Program where he educates students on preventative dentistry, radiology, community oral health and clinical dental hygiene.

Dean has been involved in the SDHA, CDHA, conference committees, and other group organizations. He has spoken at provincial and national conferences on a variety of different topics.

**Topic: New Products and Dental Hygiene Trends** Saturday pm - Repeat sessions 1 to 2:30 OR 3 to 4:30

Dentistry is constantly changing. In this presentation, Dean will share with you current trends and technologies in the field of dental hygiene. He will share information on new and innovative products that continue to advance the science of oral health, and provide insight on how these innovations can improve how dentistry is delivered to your patients.
Dr. Farzan Ghannad grew up in Ottawa, but attained his Doctor of Dental Surgery degree from the University of Heidelberg, Germany in 2008. After a few successful years in private practice, he completed his three-year surgical specialty residency at the University of British Columbia, for which he earned a Masters in Craniofacial Science as well as a Diploma in Periodontics and Implant Surgery.

Dr. Farzan Ghannad is a Fellow of the Royal College of Dentists of Canada, a member of the Canadian and American Academy of Periodontists as well as the British Columbia Society of Periodontists. As a Certified Specialist in Periodontics and a Clinical Assistant Professor at the University of British Columbia, Dr. Ghannad is involved in surgical and didactic training of future dentists and specialists in the field of periodontics. Currently he maintains a private practice in Vancouver and North Vancouver and routinely provides locum specialty care in the Northwest Territories and Saskatchewan.

**Topic: Periodontal Regeneration Possibilities: Avoiding Unnecessary Extractions**
Saturday pm - Repeat sessions 1 to 2:30 OR 3 to 4:30

Dr. Devon Anholt & Dr. Brent Yaremko - Orthodontists Co-Owners of Uptown Orthodontics

Born and raised in Saskatoon, Dr. Anholt has been a full-time faculty member at the U of S, College of Dentistry since graduating from the program in 2007. He now acts as the head of the Division of Orthodontics and coordinates and provides all orthodontics lectures/clinics for Year 2, 3, and 4 students.

For many years, Dr. Anholt has also been a part of the Central and Northern SK Cleft Lip and Palate Program at the Royal University Hospital (RUH). He volunteers his expertise as the chief orthodontist in this multi-disciplinary treatment planning team and mentors students on the topic. He strives to continue to be a leader in his community when he is not busy transforming bites and smiles at Uptown Orthodontics.

Dr. Brent Yaremko was born and raised in Yorkton, and earned his dental degree from the U of S in 2006. He then completed a general practice residency (GPR) at RUH in Saskatoon where he was involved in many hospital-based programs including his involvement with the Cleft Lip and Palate team. Dr. Yaremko practiced as a general dentist for 2 years in southern Ontario before moving to Edmonton to attain his Masters of Science specialty degree in Orthodontics from the University of Alberta.

Dr. Yaremko has enjoyed teaching various aspects of dentistry to dental students, dental hygienists, and dental assistants. When not in his private practice at Uptown Orthodontics, Dr. Yaremko continues to share his knowledge as a clinical instructor with the U of S dental students on a weekly basis. He also travels biweekly to Regina to help serve the orthodontic needs of southern Saskatchewan.

**Topic: SHORT-TERM PAIN COMPLAIN, LONG TERM GAIN - Helping Your Patients Through Modern Orthodontic Treatment**
Saturday pm - Repeat sessions 1 to 2:30 OR 3 to 4:30

The demand for a beautiful, confident smile is only getting stronger with time. Simply put, people want straight teeth and it's hard to imagine that ever changing. But, do prospective patients care about health, function, and sustainability of their oral structures? Sadly, these priorities are secondary for most patients referred our way. This imbalance is something that the orthodontics community aims to change; you, as hygienists, are seen as critical initiators of this desired paradigm shift.

Putting aside the art and science of an excellent orthodontic result, the reality is that many people instinctively dismiss orthodontics due to the perceived burdens of treatment. Total treatment fee, time away from school/work, overall length of treatment, effect on one's social life or hobbies, discomfort, and the noticeability of orthodontic appliances are regularly stated (by patients and dental professionals alike) as reasons to not seriously consider orthodontics. To combat these common concerns, orthodontics as a specialty has begun to focus on finding ways to maximize comfort and convenience. The problem then becomes educating the masses about these newer, easier, and potentially better techniques.
Accordingly, in this presentation, numerous modern orthodontic treatment methods will be discussed which seek to create ideal esthetics and function but with an important emphasis on minimizing the obtrusiveness of treatment. You will learn about how a variety of new treatment modalities may affect your methods, your office’s scheduling, and most importantly, your patient’s periodontal health in both the short and long terms.