



Virginia

Dental Hygienists' Association

The Curet

Summer 2020

President's Message

Life, Re-imagined.

Dear Members,

Since our last Curet edition, our work lives, family lives and our Association's dynamic has changed in ways no one could have ever predicted. Our country, our Commonwealth and our Association are responding daily to paradigm shifts within the COVID-19 pandemic, social and political movements such as #BlackLivesMatter, and how we move through our daily lives together.

Mr. Dennis Manning, headmaster at my son's school, Norfolk Academy, is one of the most eloquent writers and speakers that I have ever had the privilege to know. In his weekly addresses to parents and students, he offers timely and thoughtful pieces of wisdom that instill confidence and hope in this ever-changing and challenging time. He states in his most recent communication "As our nation, state, and community grapple with the complex and seemingly relentless challenge of the global pandemic, I find myself appreciating the value of our core principles. As we continue to craft our plan... we will prevail through this time of extraordinary challenge by remaining steadfastly committed to our fundamental mission...Above all we have the innovation, imagination, energy, and spirit to turn our vision into reality."

I believe VDHA is successfully navigating these challenges with flexibility, innovation, and dedication to all dental hygienists in Virginia. Our Pandemic Response includes collaboration with key stakeholder organizations including Virginia Dental Association, and Virginia Health Catalyst, as well as converting our annual Scientific Session to the virtual Zoom platform.

Moving forward, we continue to discover more and more #silverlinings in these times. The business of the Association (House of Delegates) will be conducted virtually in October, following the successful ADHA model, and with the time and dedication of VDHA's leadership teams. Membership in ADHA has expanded by over 4400 just since January, and member benefits continue to be developed to add value for all. The role of dental hygiene is expanding as dentistry shifts to a disease management mindset from an "old school" dental surgery model, utilizing tele-dentistry and opening the gateway for the remote supervision and dental hygiene therapist practice models.

I challenge all Virginia dental hygienists to remain nimble, embrace challenges as an opportunity for growth, and to step into involvement with VDHA at whatever level you feel comfortable. You are all welcome and VDHA remains dedicated to providing the continued voice of Dental Hygiene in the Commonwealth.

Sincerely,
Tracey Martin, RDH, BSDH
VDHA President, 2020-2021



Table of Contents

President's Message – Page 1
Upcoming Events – Page 2
Save the Date – Page 3
Call for Service – Page 4
Component News – Pages 5-9
Membership News – Page 10
VHyPAC – Page 11
Planning & Development – Page 12
PHEPA News & Information – Page 13
VDHA Foundation– Page 14
ADHA Institute for Oral Health – Pages 15-16
Student Chapter News – Pages 17-20
ADHA Conference Dates – Page 21
Council & Committee Chairs – Page 22
VDHA Calendar – Page 23
VDHA Mission Statement – Page 29

Upcoming Events

Executive Board Meetings

October 25, 2020 8 a.m. – 12 p.m. ZOOM
January 23, 2021 9 a.m. – 1 p.m. ZOOM

House of Delegates & Professional Development Workshop

October 26 – 25, 2020 ZOOM

2020 House of Delegates and Professional Development Workshop
October 23-25
HOD 2020
Now Virtual via Zoom Meeting
Registration opens soon for the House of Delegates. Watch for more details at VDHA.net.
Dental Hygienists Association of Virginia
1000 Center Blvd, Richmond, VA 23235
adha Virginia Dental Hygienists Association

SAVE THE DATE!

Ignite

November 14, 2020 Holiday Inn Monticello, Charlottesville, VA

Rally Day

January 29, 2021 Richmond VA

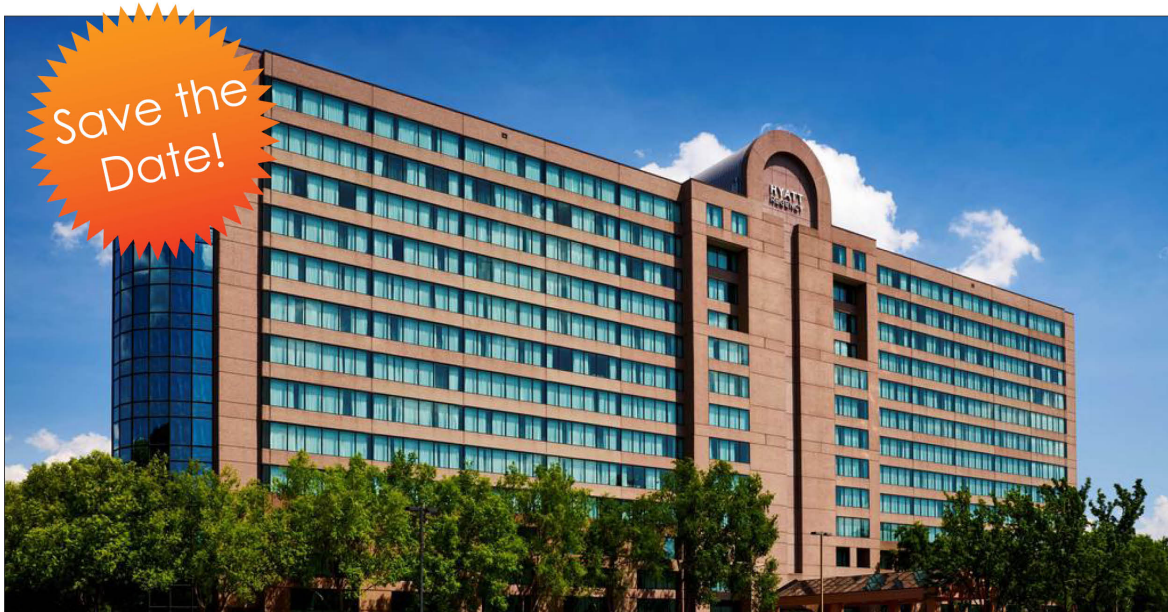
Spring Scientific Session

March 26-28, 2021 Hyatt Regency, Fairfax, VA

68th Spring Scientific Session

of the Virginia Dental Hygienists' Association

March 26-28, 2021



Save the Date!

Hyatt Regency Fairfax

12777 Fair Lakes Circle, Fairfax, VA 22033

Details to follow in the mail
and also on **vdha.net**



Virginia
Dental Hygienists' Association

Still Interested in an Elected Position for VDHA?

If you are interested in an elected position but missed the deadline for submission you are able to run from the floor at the First House of Delegates October 23, 2020.

The following elected positions are available for 2020-2021:

1. President-Elect
2. Vice-President
3. Recording Secretary
4. Alternate Speaker of the House
5. VhyPac Director (2-year term 2020-2022)
6. ADHA Delegate



Questions? Contact Mimi Magyar, Nomination Committee Chair mimirdh67@icloud.com

Interested in Serving as an ADHA Delegate for 2021?

Individuals interested in running as an elected delegate representing Virginia at the national level must run from the floor at the First House of Delegates to add your name to the ballot. First House of Delegates will take place on October 23, 2020.

During this time, each individual is allowed a maximum of 5 minutes to discuss their background, goals, and reason to serve VDHA in this position. The forum at the First House of Delegates allows the delegates to meet the candidates and ask pertinent questions of each candidate and to vote for qualified candidates. Elections are held at the Second House of Delegates.

To be considered as a Delegate, you must have been a member of the Association for at least two years. Individuals must also have served a minimum term of one year as a member of a VDHA constituent House of Delegates.



Component News & Reports

Greater Richmond No Submission at this time

Monticello

Component 06 Monticello (MDHC) congratulates Sheri Moore our dedicated, outstanding Component member for being appointed as ADHA District III Trustee.



Sheri Moore, ADHA District III Trustee



A heartfelt thank you to Christina Morris, MDHC chair who stepped up to also take on the duties of financial liaison.

Kudos to all of the officers of MDHC for your dedication and hard work on behalf of OUR professional association.

Paula Knight – Recorder

Mimi Magyar – Nominations Committee Chair

Betsey Soulsby – Membership Chair and 2020 Delegate

Nicole Wells – Communications Coordinator and 2020 Delegate

Evelyn Grant – Trustee, Awards Chair and Leadership Development Committee Member

Northern Virginia

NVDHA had an End of the Year gathering at Bull Run Winery to celebrate those members who have contributed so much this year.

A huge Thank You to Sheila Sheats for serving as Chair this past year and serving as the VDHA Continuing Education Chair. She tried to retire but we would not let her. She is quite the hard worker and dedicated to our association. We love her.

I would like to congratulate Janis Slezak for winning the NVDHA Pat Golliday Award of Dedication. She has really helped the association stay connected and will serve as NVDHA Chair and a delegate beginning in October. Congratulations to Tonya Mortensen for winning the NVDHA Outstanding Member Award. Tonya is fairly new to the association and has already served as a student delegate and delegate last year. She has accepted the position of VDHA Planning and Development Chair. We are very proud of our members. Our local CE's program continues to be very successful, thanks to the hard work of Betsy Disilvio, who is the recipient of our Component Award.

We have several new delegates this year planning to serve at the Virtual HOD meeting in October. Deidra Kane is serving as our community Head Start liaison. Lisa Moutawakil is our Secretary and Stephany Gardner, our membership chair. We are also very excited to have our former student delegate, Valerie Yang, serve as an alternate. We also extend a big thank you to the seasoned delegates who continue to devote their time to NVDHA.

We are still in limbo as to how to offer CE's this fall. Dr. DePaola will definitely speak in October for the Infectious Control/OSHA update. This will be interesting in the light of COVID.

Wishing everyone a safe working environment.

Respectfully submitted,
Julie Simms, Trustee 01



Peninsula

Kelly Tanner, PhD, RDH - Chair – kellytannerwilliams@gmail.com
Rachel Royal, BSDH, RDH – Financial Liaison – Royalrdh@gmail.com
Marge Green, RDH, MS – Trustee – mgreenrdh@gmail.com
Erika Girard, AAS, RDH – Secretary - Erikalauren9@yahoo.com

The Component selection of our VDHA Delegation Team was conducted electronically by the general membership resulting in Delegates: Julie Martin and Cindy Saxton Flowers and Alternate Delegate: Christina Quiroz. We are blessed with seasoned governance leaders, as all three have served at the state level, and in June, Cindy and Julie participated in the first ever, virtual House of Delegates session of ADHA. Collectively, we look forward to preparing for VDHA's virtual HOD October 23-24 which is also open to ALL VDHA members.

Back by popular demand generated by our April 23rd Zoom *Premier Happy Hour*, we will reconnect for fun at our virtual *Outside Summer Block Party* on Aug. 20th.

The May 7th two hour, free CE: *How to Talk to Everyone: From the Job Search to Case Acceptance* was beautifully presented, virtually by ADHA member and well recognized speaker, Amanda Hill, RDH, BSDH. The course was informative and highly successful in attracting greater than 49 registrants.

June 17th was a joyous event of celebrating the TNCC graduating class, as we were able to gather in a private room at *Craft 31 Restaurant* in Williamsburg. Following dinner, the *Pinning and Awards and White Coat Ceremonies* were conducted. Since TNCC closed in early March for the remainder of their final semester, this component sponsored event was essential to enable spouses and family members to witness the validation of academic excellence and professional pride. The PDHC *Future Leader Award* recipient was Desiree Turner and Kaile Sansbury received a certificate of Acknowledged Leadership Excellence. Both were student delegates in 2019 and shall be co-chairing PDHC's Membership Committee.



Visit <https://www.facebook.com/groups/pdhava> to connect with PDHC and be the first to know details of the CPR recertification course being planned for September. Stay safe and well.

Southwest Virginia No submission at this time

Tidewater

2020-2021 TDHC Leaders

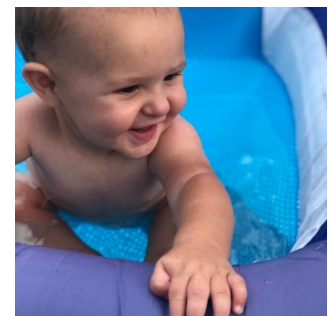
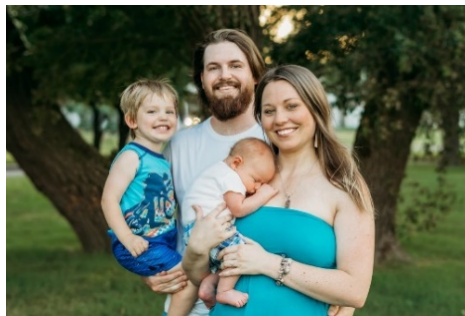
Co-Chairs: **Jessica Suedbeck and Emily Ludwig**

Trustee: **Kelly Fox**

Financial Liaison: **Angela Tye**

Medial Management: **Sam Vest, Meg Lemaster, Jessica Suedbeck**

“Can you clean my teeth with my mask on?” and “You can take your mask off now” sums up what most of us have been hearing and saying lately. Hats off to those working clinically and enduring all of the new protocols and PPE’s that must be worn in order to protect and maintain proper patient care in the dental office. We applaud those in education for your dedication to our profession and the ever-changing academic calendar; and for keeping a positive attitude for those upcoming students who are still eager to join our profession and continue to make our profession relevant in this crazy time. We thank you!



Tidewater leadership has adjusted to the new normal, and celebrated new babies over the past 9 months. Our financial liaison Angela had a baby boy, and our ROCKSTAR girl who does it all, Jessica, recently gave birth to her second son. Life happens, so we adapt, adjust and make all the necessary changes that come our way. So please be patient as we navigate through this new norm and check in frequently to our website at vdha.wildapricot.org/ or our Facebook page at www.facebook.com/groups/tdha03/ for any updates and hopefully some upcoming CE’s via webinar or social hour events. Also follow us on Instagram @yourtdha and twitter @VDHA. Stay safe and well!

Kelly Fox, BSDH, RDH

Trustee 03

Membership News

Hello from your VDHA membership team!

Wow what a time to be a dental hygienist, right? Well it is also the best time to be an advocate for our profession through membership in ADHA. Thank you for being a member—your support goes a long way for protecting our profession during the global pandemic. Make sure to reach out to not-yet-members in your community, practice, or social media circles to tell them all the benefits to membership!

Encourage any hygienist you know to visit our website (VDHA.net), join our Facebook page (<https://www.facebook.com/groups/vdha.net/?ref=bookmarks>), and follow us on Instagram (@YourVDHA). This is the best way to stay up to date on state and local information—be sure to also encourage hygienists to join local component social media pages for updates on events close to home.

Quarterly payments are easy to sign up for and make this much more manageable for all of us, especially during this time. To learn more about quarterly payments, visit: <https://www.adha.org/payment-options>.

We hope you have enjoyed our virtual presence during this unprecedented time. Make sure to check the website and social media channels for upcoming virtual happy hours, events, and continuing education courses. We hope these experiences help you find connections with each other and become lifelong members of our important association.



Stay safe and well everyone.

Best,
Jessica Suedbeck, RDH, MSDH and Emily Ludwig, RDH, MSDH VDHA Membership Co-Chairs

VHyPAC News

Greetings again from the directors of VHyPAC. Our directors are elected and appointed at our House of Delegates every year in October. This year we are being served by: Maureen McCann Sawin, RDH, BSDH who serves as chair, Jessica Elmore McManus, RDH, MS, Rhea Rossi, RDH, Marlene Rhodes, RDH and Kristen Greene, RDH and we are advised by our lobbyist, Cal Whitehead and Mark Hickman who is our primary contact and advisor. He has extensive knowledge regarding which candidates will provide maximum benefit to our association in serving the dental hygiene profession in the state of Virginia.

Our goal is to raise funds to support those who serve in the General Assembly and statewide candidates who share our interests to foster a better, safer environment for Oral Health, which most of us agree has never been more important than in this year of the Covid-19 virus. In the Commonwealth of Virginia, your State legislators have a greater impact on your practice and patients than those in DC. Political contributions allow us to target our message and connect with important decision- and policy-makers in Richmond. With YOUR financial support, we can achieve our mission of educating legislators and the administration about our professional concerns.

This has been a difficult year to raise funds due to the lack of face-to face meetings of the dental hygienists through-out the state. We as a committee are having a ZOOM meeting this week to strategize on how we can reach those of you who have contributed in the past. We need your help.

Please consider making a contribution directly to our PAC by sending a check payable to the:

**Virginia Hygienists' PAC(VHyPAC)
c/o Commonwealth Strategy Group
118 North 8th Street
Richmond, Virginia 23219**

Respectfully submitted,

Maureen P. McCann Sawin, RDH, BSDH VHyPAC Chair

Please mail to:

**Virginia Hygienists PAC
c/o Commonwealth Strategy Group
118 North 8th Street
Richmond, VA 23219**



Planning & Development Council News

68th Spring Scientific Session

of the Virginia Dental Hygienists' Association

March 26-28, 2021



Spring Scientific Session-Save The Date

We are hoping beyond all hope that the spring will bring renewal and this terrible virus will be gone.

The date for our Scientific Session will be 26-28 March 2021 at the Hyatt Regency Fairfax here in Northern Virginia. We had a Scientific Session there several years ago, the hotel just changed names. It is right off Rt. 66 so it is easy to find.

At this time, I have been in contact with several speakers. The difficulty is finding speakers that you haven't heard a thousand times online. Everyone has had the opportunity to partake of excellent courses and many are free so I am trying to find courses that haven't been used extensively. It is too soon to let you know what they are, but this will be a very good meeting.

We are hoping not to be virtual since interacting with each other is part of the fun of the Scientific Session. We love to network, see old friends and make new ones. It is very important to support your association at this time. IF we find we aren't comfortable with meeting in person we will have to be virtual again. We have to make this work because the SS supports the Association personally as well as financially.

I would like to thank those that made the virtual session in March work. I thank them all and I don't want to forget anyone. Dr. Kelly Tanner, Misty Mesimer, and Emilie Bonovitch were among those wizards to make it happen, I hope I didn't forget anyone, forgive me if I did. That is what is so inspiring about the VDHA Association We are there for each other, professionally as well as personally. Thank you for attending and for those who made it work.

There will be more announcements later on. Thank you all.

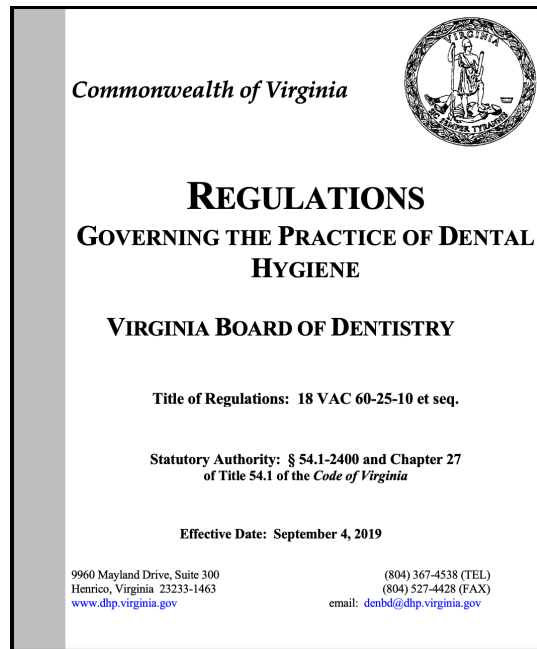
Sheila B. Sheats, RDH
Continuing Education Chair

Public Health, Education & Professional Affairs Council News

Remote Supervision Resources Update

The Remote Supervision Supplemental Resource webpage has been through its first annual review and update. (<https://vdha.wildapricot.org/Remote-Supervision-Supplemental-Resources>)

This includes changes to the Board of Dentistry’s Remote Supervision Guidance Document, the VDHA Frequently Asked Questions, specific resources in the toolkits as well as other updated links. If you have already purchased the toolkit, you have ongoing access to the updated toolkit contents using the URL link that was provided to you upon purchase. As always, please use the Virginia Board of Dentistry website to access the current Code and regulations to stay abreast of changes as they occur with Remote Supervision and other sections of your Dental Hygiene practice laws. (https://www.dhp.virginia.gov/Dentistry/dentistry_laws_regs.htm)



Check out the Updates on Remote Supervision Guidance Documents

Know the Rules!

VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION HONOR ROLL REPORT OF GIFTS

January 1, 2020 through July 31, 2020

JEFFERSON CLUB

Northern Virginia Hygienists' Association
In memory of Patricia A. Golliday, RDH

PATRIOT CLUB

Irene Mary Connolly, RDH, MS
*In Honor of VDHA Treasurer,
Marge Green, RDH, MS*
James H. Forsberg
In honor of the birthday of my daughter, Julie Simms
Nancy Martin
In honor of Brian Martin
Susan Pharr, BSDH, MPH
In honor of my VDHA colleagues
Julie Simms
In memory of my mom, Cynthia Forsberg
Greater Richmond Dental Hygienists' Component
Monticello Dental Hygienists' Component
Southwest Dental Hygienists' Component
Tidewater Dental Hygienists' Component
In honor of all Tidewater members

DONOR CLUB

Karen D. Avey, RDH, MSDH
Melanie Bartlam
Thank you President Bonovitch for your continued leadership!
Cathy Berard, BSDH, RDH
In honor of Jackie Perry
Laila Bonner
For Charitable Activities
Emilie Bonovitch
In honor of all the great VDHA leaders

Stacia Brooks
In memory of Kathryn Smith Ward
Paige Chicklo
Evelyn Grant
Marge Green, RDH, MS
*In honor of Emilie Bonovitch,
VDHA President*
Desiree Harrington
Catherine Q. Johnson, RDH
Joyce Kwiatkowski-Spieler
In honor of the event volunteers
Mimi Magyar, RDH
*In honor of Emilie Bonovitch,
VDHA President*
Sheryl Manion
Julie A. Martin, BSDH, RDH
Kimberly May
Maureen P. McCann
Keoviengkhone Phouminh
Susan Reid-Carr
Rhea Rossi
Kimberly Dawn Stone
In honor of Max
Moe Thompson
In honor of Woodrow Grayson Schmidt
Christina Tulloch
Christian Waterman
Deanne Watson
Northwest Dental Hygienists' Component
Peninsula Dental Hygienists' Component
*In honor of Kelly Tanner, PhD, RDH,
PDHC Chair*

All contributions enable VDHA Foundation to continue to make a significant difference in the lives of many. Thank you to all who have contributed this past year to continue the work of the Virginia Dental Hygienists' Association Foundation. Your tax-exempt donation will be utilized in performing the charitable, educational, research and scientific activities of the association. If you would like to make a donation, please send it to: Marge Green, VDHA Foundation Treasurer, 1919 Old York Hampton Highway, Yorktown, VA 23692-4143



ADHA INSTITUTE FOR ORAL HEALTH

Liaison, Catherine A. Berard, BSDH, RDH

Our VDHA assigned goal for 2019-20 was \$8,752 and we successfully raised \$5,695.49 for the IOH year that ran July 1, 2019 through June 30, 2020. It was a really tough year for fundraising with so many folks furloughed from work. Please see the separate report of gifts.

Thank each of you so much for your donations that did bring us very close to our goal!

Please visit the IOH website to see the awards, grants and scholarships that are still available to you which include the Alice Hinchcliffe Williams, RDH, MS Merit Scholarship that is funded by the Virginia Dental Hygienists' Association Foundation. And check out the brand new ADHA IOH DentalCodeology Consortium Trailblazer Travel Grant program.

VISIT www.adha.org/institute-for-oral-health to learn more!



ADHA Institute for Oral Health (continued)

HONOR ROLL REPORT OF GIFTS

July 1, 2019 through June 30, 2020

Karen D. Avey, RDH, MSDH
Cathy Berard, BSDH, RDH
Emilie Bonovitch
Stacia Brooks
Paige Chicklo
Irene Connolly
Betsy DiSilvio
Jennifer DeVita
Shirley Douglas
Marge Green
Dr. Barry Green
Desiree Harrington
Catherine Q. Johnson, RDH
Pam Kitner
Joyce Kwiatkowski-Spieler
Patricia MacDougall
Mimi Magyar
Sheryl Manion
Nancy Martin
Tracey Martin
Maureen P. McCann
Ashley Dianne Milstead, RDH
Sheri Ann Moore
Susan Pharr, BSDH, MPH
Jam Phouminh
Amy Rankin
Cari Rodriguez
Rhea Rossi
Cynthia Saxton Flowers

Sheila Sheats
Deanne Shuman
Julie Simms
Mark Simms
Kimberly Dawn Stone
Jessica Suedbeck
Moe Thompson
Christina Tulloch
Heather Tuthill
Christian Waterman

Northern Virginia
Dental Hygienists' Component
Greater Richmond
Dental Hygienists' Component
Tidewater Dental Hygienists'
Component
Monticello Dental Hygienists'
Component
Peninsula Dental Hygienists'
Component
Southwest Dental Hygienists'
Component
Northwest Dental Hygienists'
Component

Student Chapter News

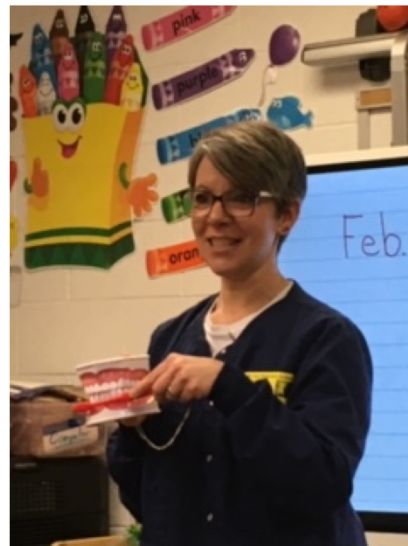
Germanna Community College No submission at this time

Lord Fairfax Community College

The dental hygiene faculty of Lord Fairfax Community College, in joint venture with Virginia Western Community College in Roanoke Virginia was delighted to present the graduating class of 2020 with their dental hygiene pins and awards on June 25th in a virtual ceremony. The award recipients are as follows: the Colgate Star -Megan Cobb, Hu-Friedy Golden Scaler- MaryGrace Doyle, VDHA- Pam Boyer, Alice B. Williams for excellence in patient education-Kirsten Estep and the Sigma Phi Alpha – Louis Petropulos. The faculty are pleased and honored to welcome this class into the dental hygiene profession.



Louis Petropulos



Kirsten Estep



Pictured Left – Right: Megan Cobb, Pam Boyer and MaryGrace Doyle.

Northern Virginia Community College

Teamwork really is the key to success. The DNH students at the Northern VA Community College Medical Education Campus wrapped up a 4 week “bootcamp” style clinic to finish their spring and summer requirements that were halted during the Covid shutdown in March. The students worked in pairs each week with partners as patients where teamwork proved to be essential in their transition from freshman to senior status. With additions to PPE and new screening protocols in place, the class of 2021 were able to implement strategies to maximize their time and put their knowledge to practice to be on track with the upcoming fall semester.



The class was able to celebrate on the last day of the bootcamp and thank their instructors for their time and patience in helping the students catch up with their requirements.

While lecture classes continued to operate online during the Covid shutdown, about 16 weeks of clinic were lost. The bootcamp proved to be vital in not only re-familiarizing instrumentation techniques, but also for restoring class unity. During the quarantine, the students stayed connected via a class chat app, social media and a virtual happy hour. Even with the significant period of interruption in the program, the class has been able to remain the family that they built from the beginning. As the future of the dental hygiene profession continues to change with the current world situation, the class of 2021 will be at the forefront of the new precautions and guidelines. The class of 2020 successfully won their appeal to the Virginia Board of Dentistry to be exempt from the live patient clinical board exam. Graduate Beth Shaw states that some students are still awaiting open dates to take the NBDHE or are waiting for the results, yet all are excited for their careers to begin.



-Sheila Garrovillo, class of 2021


Old Dominion University– no submission at this time

Thomas Nelson Community College – no submission at this time

Virginia Commonwealth University

On May 8, 2020, VCU Dental Hygiene juniors participated in VCU’s Virtual Research Day Poster Competition. Two students, Elena Cantwell and Devon McClure won first place for their research on the “Effects of Hormonal Therapy and the Stress on the Oral Health of the Transitioning Population”. Their goal was to perform research that would benefit an underserved community. By researching whether hormones used in the transitioning process could lead to or impact the severity of periodontal disease, they were able to learn more about the transgender population. In doing so, their research provides an opportunity for all of us to better understand how to ensure that these individuals receive the best dental care. Elena and Devon also presented their research at ADHA’s Virtual Annual session. Congratulations Elena and Devon!

The Potential Effects of Hormonal Therapy and Stress on the Oral Health of the Transitioning Population
Cantwell, Elena; McClure, Devon
Dental Hygiene Program, Department of General Practice, Virginia Commonwealth University



Abstract

Problem: In terms of healthcare, the transgender population is underserved. Unfortunately, these individuals often experience stress and fear discrimination when seeking health care. These factors preventing them from seeking care, in addition to hormone therapy taken during the transition process, could have severe impacts on their dental health. The purpose of this study is to establish a link between the hormone therapy used during gender transitioning and the effect on oral health. While there is a correlation between hormone replacement therapy and clinical evidence that sex hormones can impact on periodontal issues, few studies have linked this knowledge to the healthcare needs of the transitioning population.

Methods: Research was obtained from PubMed, the database of Dental and Oral Sciences Sources, Google Scholar, and LGBT+ databases. Recent studies and literature reviews were analyzed to determine if there was a correlation between hormone therapy and the health of the oral cavity. All sources found were published within five years.

Major Findings: Many studies have revealed sex hormones effect the oral cavity. If it can happen to those that are taking sex hormone then there has to be a correlation to those who are transitioning taking the same hormone. Few studies have been conducted proving this correlation, this topic deserves more research and investigation.

Conclusions: There is a clinical correlation between hormone replacement therapy and the effects on the oral cavity. Therefore, there is a possible correlation to the transgender population that is taking hormones and periodontal disease. As this population continues to grow, and more individuals identify as a part of the community, it is important to continue to research this topic.

Introduction

1.4 million people in the United States identify as transgender.¹ This population experiences a wide disparity in their access to health care, particularly dental care. Estrogen, progesterone, and testosterone are the three sex hormones used during transitions that affect facial hair development, vocal changes, muscle tone, body fat development and retention, and could even influence the oral cavity.² According to The Influence of Female Sex Hormones on the Periodontium, sex hormones “may alter immunologic factors and responses and changes in these hormone levels can be known to cause inflammation.” Inflammation in the oral cavity may make it more difficult to sustain sufficient oral hygiene to prevent gingivitis that may progress to periodontitis.

Discussion

Sex steroid hormones are believed to play an important role in the maintenance of skeletal integrity, including the integrity of the alveolar bone and have been linked with periodontal pathogenesis.³ Research and clinical evidence has shown that estrogen, in particular, has a direct effect on the periodontium.⁴ Poor oral hygiene in combination with hormone-induced inflammation may also contribute to an increased risk for periodontitis. Testosterone has also been associated with bone metabolism playing a role in the maintenance of bone mass.

Deficient levels of estrogen in transgender men that could potentially lead to osteopenia.⁵ The alveolar bone of transgender patients is included in this examination to determine whether any bone loss within the jaw is occurring, which could lead to clinical attachment loss and periodontitis. Another factor that could impact the periodontium is the higher risk for diabetes due to hormonal changes that MTF and FTM transgenders experience; the mutual correlation between diabetes and periodontitis can exacerbate both conditions. The severity of chronic periodontal disease can complicate metabolic control, which can impact diabetes. Patients who are diabetic are more likely to present with chronic periodontitis that may worsen over time if their A_{1c} is not well controlled.⁶


Previous studies have also identified that stress can impact the periodontium by disrupting “homeostasis and the immune system.”⁷ A study performed by the SRM Journal of Dental Sciences assessed the direct effects that stress can have on the periodontium. This study found that long-term psychosocial stress can lead to emotional disabilities that could cause an individual to neglect their oral hygiene, which devolves into the development of periodontal disease.⁸

According to a self-reported cross-sectional study recorded among individuals who identify as transgender in the United States, 33.1% of the population stated experiencing discrimination on one or multiple occasions in their lifetime.⁹ The discrimination that they face not only causes anxiety, but it often causes the individual to question their gender identity and expression.¹⁰ Transgender individuals also state that they are “very much” or “extremely fearful of experiencing maltreatment in a dental office, while 85.5% of individuals surveyed that they had experienced maltreatment from an oral health provider in the past, as adolescents of a sexual minority are more vulnerable to experiencing adversity.”¹¹

To ensure that the transgender population receives the best possible oral care,

Conclusion

There is a clinical correlation between hormone replacement therapy and sex hormones and their effects on the oral cavity. Therefore, there is a possible correlation to the transgender population that is taking hormones, a higher prevalence of diabetes in this population, and the stress levels they experience. As this population continues to grow, and more individuals identify as a part of the community, it is important to continue to research this topic.



Future Research

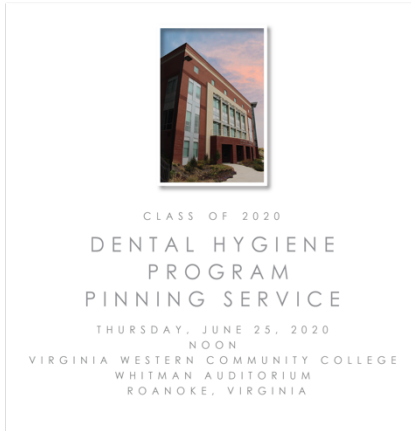
- The transgender population is continually growing, therefore, there needs to be more research on the effect of hormonal therapy and stress on the oral health of this population.
- More longitudinal studies investigating the links between hormone therapy and periodontitis progression need to be performed, investigating the effects of hormonal therapy and the progression of the disease
- Future studies will aid health care professionals in providing the best possible care for this population and identify their health care needs



Virginia Western Community College

To fulfill the outstanding clinic hours during their interruption in education, the Class of 2020 successfully completed forty case-based studies. CODA recently approved the interruption of education report without further reporting requirements.

The Class of 2020 were pinned on June 25th during a Zoom Pinning Ceremony. Award recipients for the Class of 2020 were:



VDHA: Laura Marie Montemurro (VWCC) and Pamela Brooke Boyer (LFCC)

Golden Scaler: Sydney Elizabeth Clark (VWCC) and Mary Grace Doyle (LFCC)

Colgate Star: Rebecca April Todd (VWCC) and Megan Kelly Cobb (LFCC)

Alice B. Williams: Macy Peyton Heath (VWCC) and Kirsten J. Estep (LFCC)

Sigma Phi Alpha: Madison Rachel Poole (VWCC) and Louis Granville Petropulos (LFCC)

The majority of graduates have successfully completed the NBDHE and CDCA-OSCE.

The Class of 2021 successfully completed summer semester. While courses were online, students were able to participate in clinic *and* the lab component of Pain Management on campus. The first three weeks of clinic were spent on simulated treatment of case study patients, instrument sharpening, and deposit detection assessments. During the last two weeks, students got back in the saddle and provided patient treatment on student partners, along with air polishing assessments on typodonts, and other simulation activities. This gave students an opportunity to practice according to the new infection control/PPE guidelines due to COVID19. The students are prepared to start seeing patients from the community in the fall.



Wytheville Community College no submission at this time

ADHA Conference Dates



ADHA 2021 Annual Conference

Location: Phoenix, Arizona
Phoenix Convention Center

Dates: Friday, June 18- Sunday, June 20
(Conference Dates)

Sunday, June 20 – Tuesday, June 22 (Business Meeting)

ADHA 2022 Annual Conference

Location: Louisville, Kentucky
Kentucky International Convention Center

Dates: Friday, June 24 – Sunday, June 26
(Conference Dates)

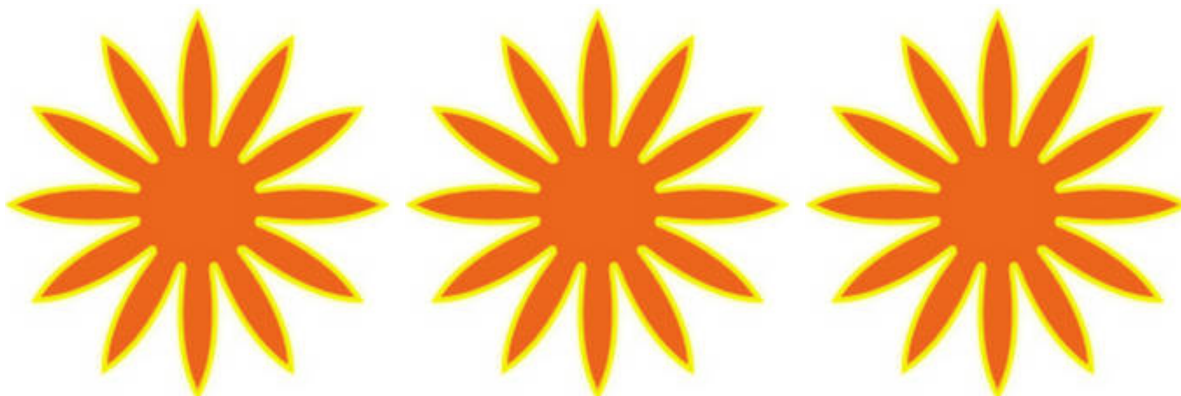
Sunday, June 26 – Tuesday, June 28 (Business Meeting)

ADHA 2023 Annual Conference- 100th Anniversary

Location: Chicago, Illinois
McCormick Place

Dates: Friday, July 7th – Sunday, July 9th
(Conference Dates)

Sunday, July 9th – Tuesday, July 11th
(Business Meeting)



2019 – 2020 Officers, Councils & Committee Chairs

Officers	Administrative Council: Chair (President Elect): Christian Waterman
President: Tracey Martin	Budget and Finance: Trish MacDougall
President Elect: Christian Waterman	Vice President: Tonya Mortensen
Immediate Past President: Emilie Bonovitch	Policy, Bylaws and Resolution chair: Julie Simms
Vice President: Tonya Mortensen	Committee member: Irene Connolly
Treasurer: Trish MacDougall	Procedure Manual: Tonya Mortensen
Recording Secretary: Lori Ellington	Corresponding Secretary: Uswa Arain
Corresponding Secretary: Uswa Arain	Recording Secretary: Lori Ellington
Speaker of the House: Kate Hoffman	A.H. Williams Fund: Pam Kitner
Alternate Speaker of the House: Meghan Glago	Leadership Committee Chair: Kelly Tanner
	Nomination Committee Chair: Mimi Magyar
Trustees:	Planning and Development Council: Chair: Tonya Mortensen
01-Northern Virginia: Julie Simms	Continuing Education Chair: Sheila Sheats
02-Greater Richmond: Heather Tuthill	Ways and Means: Karen Avey
03-Tidewater: Kelly Fox	House of Delegates Chair: Trish McDougall
06-Monticello: Evelyn Grant	Foundation Director: Chair Emilie Bonovitch
07-Peninsula: Marge Green	HOD Secretary: Amanda Kimball
09-Southwest Virginia: Sharon Kennedy	Foundation liaison: Irene Connolly
10-Northwest: Linda Gill	
2020 ADHA Delegates	Public Health, Education, and Professional Affairs: Co-Chairs: Cathy Berard and Marge Green
Emilie Bonovitch, IPP, 1 st delegate	Regulation and Practice: Heather Tuthill
Tracey Martin, Pres, 2 nd delegate	Board of Dentistry Liaison: Mark Hickman- mark@commonwealthstrategy.net
Christian Waterman, 3 rd delegate	Lobbyists: Mark Hickman and Cal Whitehead, Commonwealth Strategy Group
Rhea Rossi, 4 th delegate	Public Health Committee: Susan Pharr
Cathy Berard, 5 th delegate	Virginia Health Workforce Development Authority Liaison: Marty Sullivan
PE-Christian Waterman 1 st alternate delegate	VA Oral Health Coalition: Dr. Denise Claiborne
Julie Simms, 2 nd alternate delegate	Free Clinic Liaisons: Sherry Basham
Heather Tuthill, 3 rd alternate delegate	Head Start Liaison: Deirdre Kane
Julie Martin, 4 th alternate delegate	VA Rural Health Association Liaison: Dr. Rita Phillips
Cynthia Saxton-Flowers, 5 th alternate delegate	Education committee chair: Meg Lemaster
	DH Educators' consortium liaison: Michelle McGregor
	VA Department of Health Liaison: Tiffany Boyd
	Ad Hoc Committee Remote Supervision CE: Susan Pharr, Marge Green, Marty Sullivan, and Meg Lemaster
Leadership Committee: Chair: Kelly Tanner Williams	VDHA Foundation Directors: Chair: Emilie Bonovitch, IPP
Members: Tonya Mortensen	Secretary: Cathy Berard
Misty Mesimer	Treasurer: Marge Green
Evelyn Grant	VDHA Liaison: Irene Connolly
Student Member: Heather Fonda	Ways and Means: Karen Avey
Liaison: Emilie Bonovitch, IPP	Continuing Education: Sheila Sheats
	VDHA Treasurer: Trish McDougall
Nomination Committee: Chair: Mimi Magyar	Member Services Council Chair- Julie Martin
Members: Julie Simms, VDHA Past President	Membership Committee chair: vacant
Kristen Greene, general member	VA SADHA Liaison: Janis Slezak
	ADHA Education Network Liaison: Betsy Disilvio
Vhy-PAC Chair: Maureen McCann	Directory: Betsy Disilvio
Vhy-Pac Director (appointed): Marlene Rhodes	Newsletter Editor: Moe Thompson
Vhy-Pac Director: Rhea Rossi	Awards: Evelyn Grant
Vhy-Pac Director: Kristen Greene	Historian: Julie Martin
Vhy-Pac Director: Jessica Elmore	Website Manager: Meg Lemaster
	ADHA IOH Liaison: Cathy Berard

VDHA 2020-2021 Calendar

Spring Scientific Session

2021 March 26-28

2022 April 28 - May 1

HOD and Professional Development Workshop

2020 October 23-25 Virtual Meeting

2021 October TBD

Executive Board Meetings

2020 October 25 8am-12pm ZOOM

2021 January 23 9 am – 1 pm ZOOM

2021 April 17 9am-1pm ZOOM

2021 July 24 9am-3pm Charlottesville VA

2021 October 24 8am-12pm Richmond VA

Ignite VDHA Leadership Workshop

2020 November 14 Holiday Inn Monticello, Charlottesville, VA

2021 November TBD

Quarterly Reports Deadline (two weeks prior to E.B. Meetings)

2020 October 11

2021 January 9

2021 April 3

2021 July 10

2021 October 10

HOD Reports/Year End Reports

2020 September 05

2021 August 21

Awards Nominations

2020 July 18

2021 July 17

Curet Deadline (two weeks following Executive Board Meetings)

2021 February 6

2021 May 8

2021 August 7

Council Meetings: Council meetings should take place online and reports sent **two weeks prior** to the executive board meetings.

VDHA Foundation

2020 July 24 6-9pm Charlottesville, VA

2020 October 24 6-9pm Midlothian, VA

2021 January 22 6-9 pm ZOOM

2021 April 16 6-9 pm ZOOM

ADHA Annual Conference/Business Meeting:

2021 June 18-20 Conference June 20-22 Bus Mtg Phoenix AZ

2022 June 24-26 Conference June 26-28 Bus Mtg Louisville KY

2023 July 7-9 Conference July 9-11 Bus Mtg Chicago 100th Anniversary

ADHA District III Meetings

ADHAD3 Reference Committee A 05/11/2020 7:30-9pm ZOOM

ADHAD3 Reference Committee B 05/12/2020 7:30-9pm ZOOM

ADHAD3 Reference Committee C 05/14/2020 7:30-9:30pm ZOOM

ADHA Executive Board Meetings:

ADHA Fall Board of Trustee Meeting In Person

ADHA Winter Board of Trustee Meeting ZOOM online

ADHA May Board of Trustee Meeting ZOOM online

ADHA Annual Conference BOT Meeting ZOOM online

VA Health Catalyst Summit (formerly VOHC)

2020 October 8 Richmond, VA

Unleashing Your Potential Weekend

2020 November Chicago, IL

Virginia Board of Dentistry-Regular Board Meetings:

2020 June 12 9am Richmond, VA

2020 September 11 9am Richmond, VA

2020 December 11 9am Richmond, VA

RDH Under One Roof

2020 July 15-18 Aurora, CO

2018-2019 MOM Project Weekends- VDAF.org for details

2020 Special Olympics MOM Project June 13 Richmond

2020 Wise MOM Project: July 10-11

2020 Martinsville MOM Project: October TBD

Homeless Connect mini-MOM November 2020 (Date TBD)

2020 Southampton MOM Project Date TBD

VDA Annual Session

2020 September 23-26 The Main, Norfolk, VA

2021 September 21-25 Williamsburg VA

ADA & ADEA Annual Session

ADA 2020 October 15-18 Orlando, FL

ADA 2021 October 11-15 Las Vegas NV

ADA 2022 October 13-17 Houston, TX

ADEA 2020 March 14-17 Natl Harbor MD CANCELLED

International Federation of Dental Hygienists

2022 August 10-13 Dublin Ireland

2022 August 10-13 Dublin Ireland

2024 Date TBD Soel Korea

2026 July 9-11 Milan Italy

Our Mission

Lead the transformation of the dental hygiene profession to improve the public's oral and overall health and advance the science and practice of dental hygiene.

Our Vision

Dental hygienists are integrated into the healthcare delivery system as essential primary care providers to expand access to oral health care.

Thank you to all who contributed information for this issue of the Curet.

Deadline for submission for the Fall Curet is NOON, November 7, 2020.

You may send submissions to moethompson@gmail.com Contributions are requested to be no more than 1 page in length, including photos and sent as an attachment in word doc, 12 pt Times New Roman font.

