

**adha**<sup>®</sup>

**Iowa**  
DENTAL HYGIENISTS'  
ASSOCIATION

*Welcome!*

**104<sup>th</sup> Annual Session**

**Friday, April 25, 2025** (In Person)  
**Saturday, April 26, 2025** (Virtual)

**FFA Enrichment Center, DMACC Campus**  
**1055 SW Prairie Trail Pkwy | Ankeny, IA 50023**

**Up to 14 CEUs Available!**

*Register Online*  
**[www.iowadha.com](http://www.iowadha.com)**



# About the Meeting

## Vice President's Welcome Message Annual Session 2025



Hello everyone! Another Annual Session is quickly approaching! This year IDHA's Annual Session will be held on Friday, April 25th at the FFA Enrichment Center on the DMACC Campus, 1055 SW Prairie Trail Pkwy in Ankeny, IA. On Saturday April 26th, Annual Session will be held virtually.

We are excited to have 4 fabulous speakers this year. Friday morning, Whitney Crist will start our day with her course on Ergonomics. Then Marti Santizo will speak to us on our role as dental hygienists in managing patients with Diabetes. Friday afternoon

Patricia Brinkman-Falter, a board certified Orofacial Myologist will end our day with her course on Tethered Oral Health.

On Saturday, April 26th Ronda Anderson will be presenting a 2-hour infection control CE and a 1-hour Jurisprudence CE. Saturday will be an interactive virtual CE and count as "live" credit! All of these topics promise to be very interesting and educational! Please refer back to the schedule presented in this flyer for the number of CE's that you can earn on just Friday, just Saturday or for BOTH days of CE.

I would also like to take this opportunity to let you know, the Iowa Dental Hygienists' Association strives to support the profession of dental hygiene. As an association, we are aware that CE is everywhere. We spend a lot of time researching timely presentations and speakers for our events. If you would like to have a specific topic or speaker in Iowa, please share your ideas on the evaluation sheets provided at the end of the conference. Your feedback is always appreciated.

I am looking forward to seeing all of you in person on Friday!!

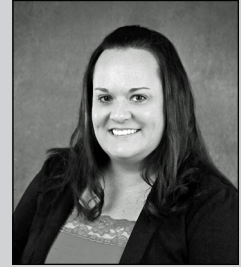
Warm Regards,

*Jennifer Faux* RDH

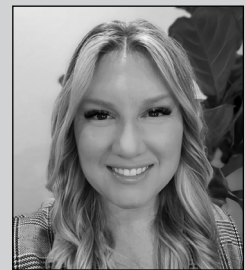
Vice President of the Iowa Dental Hygienists' Association



## Meet Our Leaders



**Amy Weishaar, RDH**  
President



**Ashley Whiteing, RDH**  
President Elect



**Amanda Jay, RDH**  
Immediate Past President

## You Are Invited!

*President's Party,  
Awards and Social Mixer*

**Friday, April 25**  
**4:30 pm - 6:30 pm**

*We hope you  
can join us!*

## Meeting Reminders

### *Friday lunch is included*

Lunch is provided for All-Day Friday attendees. IDHA no longer accommodates special dietary requirements.

### *Session Handouts*

Handouts will not be available on-site. All registrants will receive an email with the handout, one week prior to the course. If you do not receive an email, please contact IDHA Treasurer, Donnella Miller at [donnellaiardh@gmail.com](mailto:donnellaiardh@gmail.com).

### *For Your Comfort*

To accommodate temperature variations at the site, please dress in layers. Special needs or questions, contact, IDHA Treasurer, Donnella Miller at [donnellaiardh@gmail.com](mailto:donnellaiardh@gmail.com)

By registering for this meeting, you are acknowledging that an inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending the meeting, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold IDHA or any directors, officers, or volunteers liable for any illness or injury.

# Schedule of Events

## 104<sup>th</sup> Iowa Dental Hygienists' Association Annual Session Schedule

### Friday, April 25, 2025

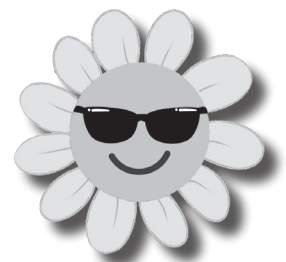
7:00 am - 8:00 am	Registration, Exhibitors, Continental Breakfast
8:00 am	Announcements
8:15 am - 9:15 am	<b>A Comprehensive Approach to Ergonomics in Dentistry: Why "Sit Up Straight" isn't Enough</b> Whitney Crist RDH, CEAS, CPT, CNC, FADHA 1 CEU
9:15 am	Break, Exhibits, Student Presentations
9:30 - 11:45 am	<b>The Dental Professional's Role in Managing the Diabetic Patient</b> Marti Santizo RDH, MBA, FADHA 2 CEU
11:45 am - 12:00 pm	Exhibitors, Student Presentations
12:00 pm - 1:00 pm	<b>Lunch and General Assembly</b>
1:00 pm - 4:00 pm	<b>All tied-up: Tethered Oral Health</b> Patricia Brinkman-Falter, BSDH, MS, PHRDH, COM 3 CEU
4:15 pm	Installation of the 2025-2026 IDHA Officers
4:30 pm	Awards and President's Party with Social Mixer

### Saturday, April 26, 2025 VIRTUAL

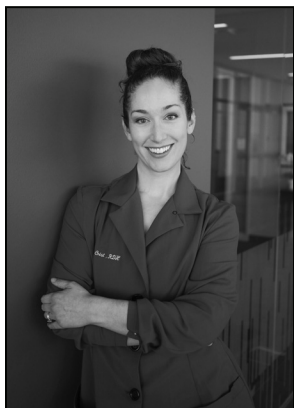
8:30 am - 11:45 am	<b>Infection Control (2 CEU) and Jurisprudence (1 CEU)</b> Ronda Anderson 3 CEU
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*Show Us Your Smile!*

Please be aware that photos taken at the event may be used to promote the IDHA online and/or in print.



# Friday Continuing Education



## **Whitney Crist, RDH, CEAS, CPT, CNC, FADHA**

Whitney is a certified Ergonomic Assessment Specialist and dental hygienist with over 13 years of experience. As the founder of Dentistry Rebalanced LLC, Whitney integrates innovative technologies to enhance ergonomics and workplace wellness in dentistry. Her holistic approach focuses on improving posture and performance to reduce musculoskeletal disorders. As an adjunct clinical instructor and speaker, she provides practical strategies that empower dental teams to work more efficiently and with less strain.

### **A Comprehensive Approach to Ergonomics in Dentistry: Why “Sit Up Straight” isn’t Enough**

While the importance of practicing good ergonomics for preventing and managing pain in the dental field is well established, the question remains, is there more to the story? Beyond the basics of ergonomics and neutral posture, this course uncovers often overlooked aspects of Musculoskeletal Disorders. Employing a systematic approach, clinicians are encouraged to develop personalized strategies that cater specifically to their circumstances, allowing for improved efficiency, ergonomics, and effective pain prevention.

#### **Learning Objectives:**

- Acknowledge the significance of ergonomics in dentistry and gain a foundational understanding of neutral posture
- Recognize that the cause of chronic pain can be multifactorial
- Realize the impact prevention can play in reducing the susceptibility of chronic pain
- Discuss products that can assist in improving ergonomics
- Identify practical strategies for achieving goals related to ergonomics and preventing/managing pain.



## **Marti Santizo RDH, MBA, FADHA**

Marti is a Professional Education Manager for Colgate Oral Pharmaceuticals covering the Western United States. She joined Colgate following a diverse career as a private practice clinical hygienist, a corporate regional manager, and a dental hygiene program director. Marti graduated from the University of Louisville, School of Dental Hygiene with her Bachelor of Science degree in dental hygiene. She received her Masters of Business Administration degree from the University of Phoenix. Marti has over 25 years of experience in private practice; 17 years were spent working with Dr. Gordon Christensen, where she sat on the board of Clinicians Report (CR, formerly known as CRA). Marti is an active member of ADEA and a Fellow of the ADHA. She served on the Utah



Oral Health Coalition, Utah Dental Hygiene Educators' Consortium, the Board of Directors for Clinicians Report (CR Foundation), and the Ethics Committee for the Utah Board of Dentists and Dental Hygienists. As a Corporate Regional Manager and Dental Hygiene

Program Director, she has educated dental hygiene students, territory managers, and practicing dental professionals on best products and practice techniques. Her ability to speak Spanish has been utilized to help with the translation of educational media, and improve patient communication both in the operator and in her humanitarian efforts in Latin America. Marti is an avid walker and on weekends she can be found walking through the beautiful Wasatch Mountains near her home.

### **The Dental Professional’s Role in Managing the Diabetic Patient**

As the prevalence of diabetes continues to increase in the United States so too will the number of dental patients affected by the disease. This program addresses the relationship between oral health complications and diabetes. It is designed to provide the practitioner with management considerations for the patient with

diabetes. An overview of diabetes will be discussed as well as its oral manifestations, consequences, and treatment recommendations.

### **Learning Objectives:**

- Define diabetes and differentiate between each type.
- Describe the signs and symptoms of uncontrolled diabetes mellitus.
- Identify the risk factors and systemic complications of diabetes.
- Discuss the oral complications and management considerations for the dental patient with diabetes



## **Patricia Brinkman-Falter, BSDH, MS, PHRDH, COM**

Pat obtained her Bachelor of Science degree in Dental Hygiene at the University of Nebraska Medical Center and has been a practicing dental hygienist for over 35 years. She also holds a Public Health License in Dental Hygiene. Pat completed her Masters in Human Resource and Family Science at UNL and obtained her Gerontology certification at Colorado State. She then obtained her Orofacial Myofunctional educational training at the Academy of Orofacial Myology in Los Angeles, California and completed her Internship at Billings Speech Pathology Services in Lee's Summit, Missouri. She has also received advance training at Midwest Orofacial Myology in Chicago, IL and is certified in parafunctional behavior modification.

Pat is a Board Certified Orofacial Myologist (COM) through the International Association of Orofacial Myology (IAOM). She currently serves on the IAOM Examiners Board, and is a past president of the UNMC College of Dentistry Alumni Council. She is a Past President of the Nebraska Dental Hygienists' Association and won the Irene Newman Award through ADHA for advancing the field of dental hygiene. She was published in ADHA's Access Journal in 2020 on recognizing Myofunctional Disorders and received the IAOM Rose Van Normal Award for her work in updating ADHAs policies on the practice of myofunctional therapy by hygienists. She is an AGD approved provider of continuing education for Orofacial Myology and lectures at dental and medical schools and professional meetings. Her years of experience with digit sucking, oromotor dysfunctions, TMJD and other areas of Orofacial Myofunctional Disorders have been hugely successful. Pat's dedicated experience and perceptive insights allow her patients to achieve overall confidence by providing an individualized, positive treatment plan.

Pat has practiced Orofacial Myology since 2008 in Central and Eastern Nebraska. She and her husband have seven children and ten grandchildren.

## **All tied-up: Tethered Oral Health**

All Tied Up is the identification of the tethered oral tissues within the oral cavity, how to recognize and assess them, and their consequences. Recently tongue and lip ties have dominated social media with nonprofessionals diagnosing from posted pictures. Not only is this dangerous but threatens the professional image of missing the diagnosis and the consequences to the dental industry. This course will include a look into the definition and the history of tethered oral tissues, embryological developments, genetics, and nutrition affecting development and how it affects oral function throughout life. The chairside assessment utilizes an objective, measurable instrument developed in Brazil and refined by this speaker. Case studies will be shared.

### **Learning Objectives:**

- Review embryological development of the tongue and frenal attachments.
- Understand genetic considerations relating to tethered tissues.
- Identify nutritional needs for pregnancy and beyond.
- Recognize intraoral and extraoral signs of tethered tissues.
- Discuss indications for tethered tissue treatment.
- Employ assessment of tethered oral tissues in the clinical dental setting.

# Saturday Continuing Education



## Ronda Anderson

Ronda has been in the Dental Industry for over 30 years. During her time as a distributor representative she realized the need for education in her offices. They needed help resourcing information on the latest in Government Compliance and Infection Control. So, she became a trainer in OSHA and Infection Control to help her customers learn about proper guidelines and protocols. This became a passion that has now culminated with her current employment at HuFriedy Group where she consults with dental offices every day to help them become more efficient, compliant, and safe.

## Elevate Your “Standard Precautions”

**HuFriedyGroup** Not only update you and your staff on the latest in Infection Control Protocols, but elevate your best practices to the highest standard. Learn efficiencies in dental instrument processing, sterilization flow and effective room turn around, that will give you a safe, sustainable workflow and even give you some extra time. Create a culture of safety in your practice thru engineering and work practice controls. Discover new ways to create customized protocols and document test results. This course will not only meet your infection control requirements it will EXCEED IT!

## Jurisprudence Review

This course will review rule making process for Iowa Board, Rule Changes in the past few years, Opioid rule, Supervision of DA and RDH, Expanded functions, continuing education requirements, renewal requirements, CDC Guidelines, Infection control issues and Recordkeeping.



**IDHA Board of Directors 2024-2025**

*Save the Date!*

**IDHA Fall Event  
Friday, October 3, 2025**

# Conference Information

## IOWA DENTAL HYGIENISTS' ASSOCIATION 104<sup>TH</sup> ANNUAL SESSION 2025

FFA Enrichment Center, DMACC Campus | 1055 SW Prairie Trail Pkwy | Ankeny, IA 50023  
Friday, April 25<sup>TH</sup> (In Person) and Saturday, April 26<sup>TH</sup> (Virtual)

**Full Conference** (Friday & Saturday Courses) **Up to 14 CEU**  
ADHA member \$130  
Potential Member RDH/RDA/DDS \$230

*Continental Breakfast, Exhibitors, Student Presentations, Attendance Credit, Lunch/General Assembly, Friday and Saturday Courses, Presidents Party/Social Mixer*

### Other Conference Options:

**Friday Only All Day** (In Person) **Up to 9.5 CEU**  
*Includes 1.5 CEU attendance credit*  
*Includes 2.0 CEU Student presentations*  
ADHA Member \$115  
Potential Member RDH/RDA/DDS \$200

**Saturday Only** (Virtual) **Up to 4.5 CEU**  
*Includes 1.5 CEU attendance credit*  
ADHA Member \$40  
Potential Member RDH/RDA/DDS \$90

**Friday Half Day Only** (Lunch not included) **2 Options**  
ADHA Member \$60  
Potential Member RDH/RDA/DDS \$110

**Morning session** **Up to 6.5 CEU**  
*Includes 2.0 CEU student presentations*  
*Includes 1.5 CEU attendance credit*

**Afternoon session** **Up to 4.5 CEU**  
*Includes 1.5 CEU attendance credit*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email\* \_\_\_\_\_

License # \_\_\_\_\_ Membership ID# \_\_\_\_\_

RSVP:

Attending the President's Party and Social Mixer  YES

*\*Email REQUIRED as course handout will be emailed to attendees one week prior to course. Please WRITE LEGIBLY. No course handouts on-site.*

**Early Bird Discount** ends April 10th. Add \$40.00 beginning April 11th.

**Online Registration ends April 18th.** Pre-registration is required.

**Refund Policy:** Please email Donnella at donnellaiardh@gmail.com for cancellations. No refunds will be issued after **April 18, 2025**. Online processing fees are non-refundable.

Any questions, please contact IDHA Treasurer, Donnella Miller at donnellaiardh@gmail.com.



*Register Online*  
**www.iowadha.com**

\*\*Online processing fee will be applied.

### Not registering online?

Detach, Complete, and mail form to:  
**IDHA**  
**2734 E Tiffin Ave**  
**Des Moines, IA 50317**

### CHECK ONLY ONE BOX

Full Conference \$ \_\_\_\_\_

Friday Only \$ \_\_\_\_\_

Saturday Only \$ \_\_\_\_\_

Friday Half Day \$ \_\_\_\_\_

**Circle Friday Session:**  
Morning      Afternoon

\* Late Fee \$ \_\_\_\_\_  
*(if postmarked after 4/10/25)*

**TOTAL** \$ \_\_\_\_\_

Mail completed form to:  
**IDHA**  
**2734 E Tiffin Ave**  
**Des Moines, IA 50317**

IDHA Treasurer  
Donnella Miller  
2734 E Tiffin Ave  
Des Moines, IA 50317

Early Bird Registration MUST be received by April 10th.

2025 Annual Session Exhibitors

**LUMADENT**

Your Vision, Your Health, Our Focus

**Q-Optics**

 **HuFriedyGroup**  
The Best In Practice

 **ORASCOPTIC**<sup>TM</sup>