



Illinois

# A GREAT OPPORTUNITY..... FOR PROFESSIONAL DEVELOPMENT

## Register now!

### South Suburban Chicago Component

*presents*

### *Spotlight on the digital epidemic - Unextended consequences of modern-day devices*

*and*

### *Life is a breeze except when you're dry as a bone*

### *Sunday, September 16, 2018 Fabulous raffle!*



Crown Seating Modified English  
QAC Saddle - Value \$875

Tickets: one for \$10 / Three for \$25  
No purchase limit!

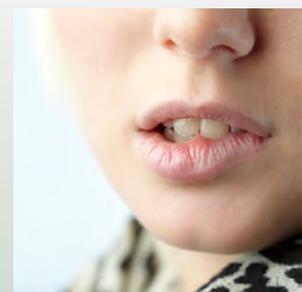
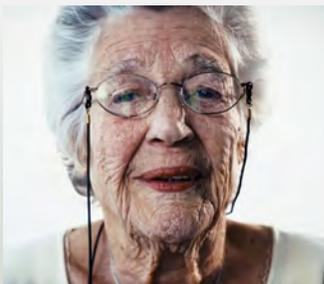
#### ANNE'S UNIQUE PROGRAMS.....

view dentistry through a different lens. Anne is passionate about creating an environment that promotes exciting careers for dental professionals. Always curious, always questioning, her unique approach has created a revolution in how we think about ourselves professionally.

- Cutting edge information
- Interactive and fun
- Fabulous raffles
- Wonderful door prizes
- Exciting networking



## ORASCOPTIC™



## ***Spotlight on the digital epidemic - unintended consequences of modern day devices***

Today's world demands 24/7 connectivity, creating a sense of immediacy that is hard to ignore. Years ago it would have been impossible to forecast the physical, emotional, and psychosocial impacts of these social communication changes.

Journals are filing up with alarming reports on how cell phones, tablets, lap tops and desktops are changing our bodies physically and impacting our minds. Incessant usage contributes to sedentary lifestyles, sets the stage for permanent, debilitating musculoskeletal conditions, is a root cause of distracted driving, walking and job performance, and is a contributing factor to social isolation, sleep disorders, and rising rates of device addiction.

Decades of compelling research point to a need for change. Now it is more important than ever to create and maintain a healthy workspace and adopt positive personal strategies to mitigate the hazards posed by overuse of digital devices.

- ▶ recognize how digital devices contribute to poor posture and sedentary lifestyles
- ▶ understand the emotional impact of living in a world of immediacy
- ▶ implement strategies that lessen the physical impact of work
- ▶ recognize how magnification, lighting, safe seating, and the right gloves can support health
- ▶ adopt behaviors that reduce the emotional impact of communication activities
- ▶ learn how certain stretches and exercises can help reverse postural discrepancies
- ▶ create a plan to improve postural health during work and play

## ***Life is a breeze....except when you're dry as a bone***

Dry mouth syndrome is an increasing problem in all age groups, from children to seniors. Living with a dry mouth, day in and day out, is a quality of life issue that affects dietary intake, speech, oral health and self-esteem.

Today's patients have complex lifestyles, diverse medical conditions, and compromising personal habits, each of which can contribute to dry mouth issues. This course explores factors causing today's increasing epidemic of dry mouth and ways to help patients cope with oral discomfort.

- ▶ appreciate the components of healthy saliva
- ▶ discover the difference between xerostomia/feeling dry and hyposalivation/being dry
- ▶ recognize the complex factors that lead to dry mouth
- ▶ understand how dry mouth in caries, erosion, dentinal hypersensitivity, periodontal disease and candidiasis
- ▶ learn multiple strategies to improve salivary flow and enhance saliva quality



Anne Nugent Guignon, RDH, MPH, CSP is internationally recognized for her numerous contributions to dental hygiene and dentistry over the last four decades. She is a practicing clinician, columnist, feature writer and Senior Consulting Editor for RDH Magazine and has authored textbook chapters on ergonomics and power driven scaling. Anne has been involved in the development and testing for a wide range of clinical products and equipment. She holds an adjunct faculty position at the University of Texas Dental School and was honored as the 2004 Philips RDH Mentor of the Year, received the 2009 ADHA Colgate Irene Newman Award, recognized in 2012 as one of the Top 25 Women in Dentistry by Dental Products Report, received the 2016 RDH Magazine Reader's Choice Most Effective Educator Award and nominated for the 2013 CNN Home Town Heroes Award. In 2015 Anne was awarded the National Speakers Association Certified Speaking Professional Credential, the highest earned designation for professional speakers.

**Register now!**

*Registration open to all dental professionals*

On line registration opens 5/1/2018 - [CEZoom.com](http://CEZoom.com)

***Early bird special! (ends 7/14/2018)***

\$70 - ADHA member

\$95 - Potential member

\$25 - Dental hygiene student

***Standard registration (starts 7/15/18)***

\$90 - ADHA member

\$115 - Potential member

\$25 - Dental hygiene student

**No on site registration**

AWESOME OPPORTUNITY

The component will be offering one 1/2 off ADHA membership to a new member!