

NDHA FALL CE SESSION

# READY. SET. LEARN.

6 Hours of Continuing Education Available

## JASON MASEK, MA, PT, ATC, CSCS, PRC

Jason completed his degree in Physical Therapy from Des Moines University Osteopathic Medical Center in Des Moines, Iowa. He received his athletic training experience from the University of Nebraska-Lincoln and the University of Minnesota. Jason currently practices at the Hruska Clinic Restorative Physical Therapy Services in Lincoln, Nebraska. After extensive experience in collegiate athletics, Jason has developed a strong background in sports medicine & athletic injuries with an emphasis in manual physical therapy. He is a member of the National Athletic Trainers Association and the National Strength & Conditioning Association. Jason has earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute™. He also is an associate faculty for the Postural Restoration Institute™.



**“Postural and Respiratory Influences Related to the Cervical-Cranial-Mandibular Complex Utilizing Postural Restoration: An Overview”** - This presentation will provide the dental hygienist a general overview of Postural Restoration® and how posture and the respiratory system influence the cervical-cranial-mandibular complex. Dysfunctional breathing is fast becoming recognized within the area of musculoskeletal medicine and dentistry. A dysfunctional thorax or a chest wall that does not move correctly can greatly impact and contribute to the development of dysfunctional breathing patterns and influence an array of movement dysfunctions in adjacent areas such as the cervical-cranial-mandibular complex and the shoulder girdle complex. This presentation will discuss an overview of normal anatomy, biomechanics, pathomechanics and related breathing dysfunctions as it relates to thoracic and cervical-cranial-mandibular complex dysfunction. The attendee will appreciate the importance of Postural Restoration® fundamentals to restore position for optimal breathing to occur. Signs and symptoms, objective evaluative findings, and treatment considerations to improve diaphragmatic function for the patient with a dysfunctional breathing pattern will be addressed.

## ANDREA S. WISEMAN, RDH

Andrea S. Wiseman, RDH is a National Preventive Specialist for 3M ESPE, and brings over 30 years of experience in dentistry to her presentations. **“Embrace the Power of Prevention”** is a dynamic presentation that will provide attendees with a thorough review of caries risk assessment (CAMBRA), and how it can be implemented into a practice. Dialog to assist the dental health professional in patient communications and insurance codes when treating moderate to high risk caries patients will be presented. Fluoride medications and dispensing protocols will be discussed. Attendees will also review fluoride varnishes, and practice techniques for correct application (if samples are available). This presentation will interact with the audience and keep you on the edge of excitement wanting to hear more!



### Objectives:

- Discover the benefits of a Caries Risk Assessment program (CAMBRA)
- How to implement a caries risk assessment program into your practice
- Review Periodontal Risk Assessment and Protocols
- Understand fluoride medications and how to use them consistently
- Learn treatment options, protocols, dialog, insurance codes for sensitivity, caries, gingivitis and periodontal disease
- Learn how to motivate, educate, and medicate your patients differently

Andrea is a member of the American Dental Hygiene Association, Texas Dental Hygiene Association, and past president of the San Antonio District Dental Hygiene Association and Gulf Coast Dental Hygiene Society of Ft. Myers, FL. She is a mentor to all oral healthcare providers and an advocate against oral diseases.

Her presentations have included venues at Yankee Dental Association Meeting (2013), Seattle Study Clubs, Dental Hygiene Association State Meetings, Dental Association State Meetings, and large group dental practices, providing C.E. credits on the Power of Prevention. She has been an instructor at Austin Community College Dental Assisting Program, as well helped educate students at dental assisting schools, dental hygiene colleges, and dental colleges across the country on the current standards of care and technologies in dentistry.

## CHOOSE FROM 4 LOCATIONS!

### GRAND ISLAND

Grand Island Central  
Community College  
Health Science Building #10, Rm 525  
3134 West Highway 34  
Grand Island, Nebraska

### LINCOLN

UNMC College of Dentistry  
Room 1201 (Basement Level)  
40th & Holdrege Street  
Lincoln, Nebraska

### OMAHA (limited to 25)

ESU 3  
Sarpy/Washington Room  
6949 South 110th Street  
Omaha, Nebraska

### SCOTTSBUFF

ESU 13  
Conference Room C  
4215 Avenue I  
Scottsbluff, Nebraska

### BOARD MEETING

OCTOBER 22, 2015 - 6:30 P.M.  
Grand Island Central  
Community College  
Health Science Building #10, Rm 525  
3134 West Highway 34  
Grand Island, Nebraska



American  
Dental  
Hygienists'  
Association

Nebraska

# READY. SET. LEARN.

## Early Registration!

Early registration deadline is Saturday, October 10, 2015. Anyone registering after this date or on site will be charged the late fee.



### Mail registration to:

NDHA Fall Session, PO Box 10, Milford, NE 68405  
or FAX to: 402.761.2224 if paying by credit card.

### FOUR LOCATIONS TO CHOOSE FROM

To better serve the Dental Hygienists across the state, NDHA will once again offer multiple satellite locations across Nebraska. The speaker will be located in Grand Island and broadcasted via distance learning technology to the other sites.

### SPONSORED BY:

**3M**  
**Science.**  
**Applied to Life.™**



### GENERAL INFORMATION

In consideration of our speaker and guests, all audio functions on electronic devices must be silenced during the meeting. Please bring a jacket as room temperature may vary.

### BOARD MEETING - October 22, 2015

The NDHA Executive Board will meet on October 22, 2015 at 6:30 p.m. The meeting will be held at the Grand Island Central Community College. The address is: Health Science Building, #10, Room 525, 3134 West Highway 34, Grand Island, NE.

### SCHEDULE & LUNCH

The morning session will run from 9:00 a.m. - 12:00 Noon (CST) and the afternoon session will run from 1:30 - 4:30 p.m. (CST).

Lunch is included if you are registered for the full day. Due to the distance learning format, we ask that everyone stay for lunch, and we will begin the afternoon session as soon as the business meeting concludes.

### LODGING

Rooms are available at the Midtown Holiday Inn (2503 South Locust) at the rate of \$89.95 plus tax; call (308) 384-1330 to reserve a room. The NDHA block will be held until October 9, 2015.

### CANCELLATION POLICY

Registrants cancelling on or before 09/26/2015 will receive a full refund; between 09/27/2015 and 10/10/2015, full refund minus a \$25 administrative fee. NO REFUNDS will be issued for cancellations received after 10/10/2015.

## 2015 NDHA FALL CE WORKSHOP REGISTRATION FORM

Please print legibly.

To register more than one person, please make a photocopy of this form.

Please keep a copy for your records.

NAME:	
LICENSE #:	ADHA MEMBERSHIP #:
HOME ADDRESS:	
CITY/STATE/ZIP:	
HOME PHONE:	CELL PHONE:
EMAIL:	

**Please note: All above fields are required.**

\* Confirmation will be sent via email.

### MARK WHICH LOCATION YOU ARE ATTENDING

<input type="radio"/> Grand Island - Speaker	<input type="radio"/> Omaha - Satellite (**limited)
<input type="radio"/> Lincoln - Satellite	<input type="radio"/> Scottsbluff - Satellite

OMAHA LOCATION - \*\* Limited to the first 25 registrations.

**Fri., Oct. 23 - Registration opens at 8:30 am CST (7:30 am MT)**

<b>NDHA/ADHA Member</b>	<input type="radio"/> \$35	<input type="radio"/> \$35	<input type="radio"/> \$60	\$ _____
<b>Student ADHA Member</b>	<input type="radio"/> \$15	<input type="radio"/> \$15	<input type="radio"/> \$15	\$ _____
<b>Non-Member (DDS, CDA, Staff)</b>	<input type="radio"/> \$65	<input type="radio"/> \$65	<input type="radio"/> \$120	\$ _____
<b>Late Fee - (postmarked after October 10, 2015)</b>	<input type="radio"/> \$40	\$ _____		
<b>TOTAL ENCLOSED</b>				\$ _____

<input type="radio"/> VISA	<input type="radio"/> MASTERCARD	<input type="radio"/> Check (payable to NDHA)
CC#		
EXP. DATE		SECURITY CODE
SIGNATURE		

### MAIL PAYMENT TO:

NDHA Fall CE Workshop, PO Box 10, Milford, NE 68405 OR  
FAX to: 402.761.2224 if paying by credit card



**American Dental Hygienists' Association**  
 312/440-8900 • fax 312/467-1806 •  
[www.adha.org](http://www.adha.org)

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_  
 Social Security Number (optional)

\_\_\_\_\_  
 Name (Last, First, Middle Initial)

\_\_\_\_\_  
 Maiden Name (if applicable)

\_\_\_\_\_  
 Street Address

\_\_\_\_\_  
 City/State/Zip Code

\_\_\_\_\_  
 Dental Hygiene School Attended

\_\_\_\_\_  
 State

## Application for Membership

**Mail Application to:**  
 NDHA Membership  
 521 First Street, PO Box 10, Milford, NE 68405  
 Or Real Time on-line application at [www.adha.org](http://www.adha.org)

**Please circle your credential:**  
 RDH Other: \_\_\_\_\_

\_\_\_\_\_  
 Email Address

\_\_\_\_\_  
 Daytime Phone (include area code)

\_\_\_\_\_  
 Evening Phone (include area code)

\_\_\_\_\_  
 Component Name / Number (see below)

\_\_\_\_\_  
 Year of Graduation

**To qualify for Active membership, you must have been granted a license to practice dental hygiene.**

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_  
 Current License Number State

*Please circle the highest educational level attained:*  
 Certificate Associate Baccalaureate Master's Doctorate

### The Privileges of Membership

**Security**  
 Through ADHA & NDHA membership, you will help to secure a future for your dental hygiene profession. ADHA is working to protect the value of your educational credentials and to preserve the integrity of your license. Only through uniting in one voice can ADHA & NDHA continue to represent dental hygienists successfully.

**Legislative Updates**  
 ADHA monitors all state and federal legislative and regulatory trends as they relate to dental hygiene. NDHA also actively participates in regulatory meetings and legislative initiatives.

**Access to Information**  
 Members receive a subscription to the *Journal of Dental Hygiene*, ADHA's official publication that brings you scientific and technical articles on clinical practice, research and education. In addition, members receive the association's magazine, *Access*, as well as the NDHA's *NebraskaLand Explorer*.

**Professional Contacts**  
 As part of your dues, you automatically become a member of your state constituent and local component organizations. These groups sponsor meetings and activities for your personal and professional benefit. By attending local, state and national membership functions, you have the opportunity to form new friendships and develop professional contacts.

**Leadership Opportunities**  
 Becoming active in ADHA & NDHA gives you the opportunity to acquire and develop new skills and interests.

**Recognition**  
 You can make contributions to your community's oral health standards through professional activities with your local association. Professional membership builds an identity for you and the dental hygiene field.

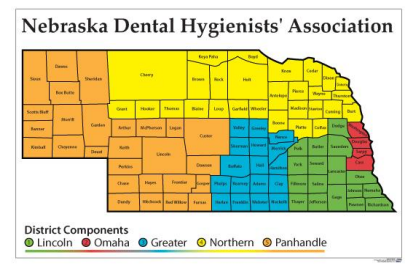
**Annual Dues**

National Dues	\$185.00
Constituent Dues	\$ 50.00
Nebraska Component Dues	\$ _____
(See below chart)	
<b>Total \$</b>	<b>\$ _____</b>

\$6.00 and \$5.00 of the annual ADHA membership dues are allocated for subscriptions to the *Journal of Dental Hygiene and Access*, respectively. Dues are not deductible as a charitable contribution for federal income tax purposes. They may be deducted as a business expense.

### Please indicate your Component Number on the application

CODE	COMPONENT	DUES
NE 1	Lincoln	\$10
NE 2	Omaha	\$10
NE 3	Greater	\$10
NE 4	Northern	\$5
NE 5	Panhandle	\$10



### Method of Payment

I am enclosing a **check payable to ADHA** for the amount of my annual dues. (see **Total**)

Please charge my annual dues to my credit card. (see **Total**)  
 VISA  Master Card

\_\_\_\_\_  
 Card Number Expiration Date

\_\_\_\_\_  
 Name as it appears on the card (Please Print)

\_\_\_\_\_  
 Signature Date

**DUES ARE NONREFUNDABLE**

**Become a member of the Nebraska Dental Hygienists' Association today!**



NDHA Office: 521 First Street  
Milford, NE 68405  
Phone: (402) 761-2216

We're on the web!  
[www.nedha.org](http://www.nedha.org)



Prsrt Std  
U.S. Postage  
PAID  
Lincoln, NE  
Permit No. 1359

Become a member of the Nebraska Dental Hygienists' Association today!

### *Dates to Remember!*

#### **August 2015**

11 NNDHA CEU Event  
The NNDHA is planning to provide 4 CE courses at different locations in the North East and North Central regions in Nebraska. For this event we will be partnering with the Nebraska Dental Association. Dentists in the area are invited to also attend.

#### **September 2015**

11-12 Iowa Mission of Mercy  
Mid America Center, Council Bluffs, IA  
  
18 CCC Dental Hygiene Alumni Association CEU Event  
Quality Inn - Grand Island, NE

#### **November 2015**

18 Articles due for the next NDHA Newsletter

#### **February 2016**

19 Legislative Event with Senators

#### **April 2016**

22-23 NDHA Annual Session - Embassy Suites  
1040 P Street, Lincoln, NE  
Room Block Expires: March 13, 2016

# 2015 FALL SESSION

## OCTOBER 23, 2015

### Register Today!

**MARK YOUR CALENDAR  
FOR THE 2016 ANNUAL SESSION  
April 22-23, 2016**

Embassy Suites - Downtown Lincoln  
Hotel - 1040 P Street, Lincoln, NE 68508  
Room Rate: \$154 per room; individual reservations may  
be made by calling the Hotel Reservations Desk  
Call for Reservations: (402) 474-1111  
Room Block expires: March 13, 2016