President’s Message

“Nobody can go back and start a new beginning, but anyone can start today and make it a new ending.”

Are you still as passionate about your role as a registered dental hygienist in private practice, as you were when you first received your license? Are you in the twilight of your career, but still need to work to pay bills? Are you needing more working hours and days, but can’t find employment? Do you want to remain in the dental profession, but are considering an alternate career choice in dentistry?

Well, then, you will not want to miss our February 26th General Meeting, focusing on Career Development Opportunities. A panelist of six hygienists will speak at this meeting, offering you insight to their alternate dental career choice outside the clinical setting.

Here is an opportunity to ignite those flames of creativity to reward yourself a more empowering, rewarding career. Come join us for a journey towards professional success, personal happiness and financial freedom. Don’t delay, make your reservations today!

Best Regards,
Susan Clark, RDH,OM
SDCDHS President

Cell: (951) 551-5153
Email: sgc31@verizon.net
Brief History of Dental Radiographs

Professor Wilhelm Conrad Roentgen (1845-1923) was working at Wuerzburg University in Germany, when working with a cathode-ray tube in his laboratory, observed a fluorescent glow of crystals on a table near his tube. The tube that Roentgen was working with consisted of a glass envelope with positive and negative electrodes encapsulated in it. On November 8th, 1895, he was conducting experiments in his laboratory on the effects of cathode rays. The air in the tube was evacuated, and when a high voltage was applied, the tube produced a fluorescent glow. The new type of ray was being emitted from the tube. Roentgen shielded the tube with heavy black paper, and discovered a green colored fluorescent light generated by a material located a few feet away from the tube. At the first time he investigated his hand, and he surprised to see his hand bones. It was the beginnings of the new investigate picture form inside, without cutting and open the body, the x-ray.

Dr. Otto Walkhoff made the first picture of the teeth, with an exposure time of some 25 minutes. In his report, he stated, “it was a true torture, but I felt a great joy at the sight of the results when I become aware of the importance of the Roentgen rays for dentistry.” Sometime later, the physicist, professor Walter Koenig (1859-1936) also published the radiograph of front teeth in upper and lower jaw along with 14 photographs with x-rays.

The first dental x-ray machine, as we know it today, did not make its appearance until 1917. Before that time, a few dentists used modified medical x-rays. In the larger cities, there were dental x-ray studios to which dentists referred patients for diagnosis. These were operated either by a dentist or by a technician under the supervision of a dentist. Not many dental x-ray machines were in use during the 1920’s. By the 1940’s, only 75% of dentists in this country owned and used an x-ray machine.

Some dentists held X-ray films for their patients, which resulted in burns to the fingers that forced them to retire from practice. All X-ray films were single emulsion; double emulsion films came later. The exposure time was, therefore, several times longer than it is today.

In 1987 – RVG (radiovisiography), Trophy Radiology (France) introduced the world's first intraoral X-rays imaging sensor. Today, digital x-rays have replaced the film with an electronic sensor. We've come a long way baby!
Authors of SDCDHS!

San Diego County Dental Hygienists’ Society is proud to highlight some of the hidden talent among us in this issue of the bulletin! The following members of SDCDHS are not only RDHs, but are also authors of their own books! Each one of these members have authored and self published their books.

**Susan Clark, RDH, OM, SDCDHS President**

A near fatal automobile accident, led Susan to author and self-publish her dental hygiene resource guidebook entitled, “Exploring Dental Hygiene, Finding the Hidden Rewards”. Not knowing if she would be able to continue employment as a RDH in a clinical setting, she decided to write a dental office manual for the next RDH that might take her place in the office. Soon, word spread throughout the dental community and she was encouraged to put her office manual into book form. Her book is an invaluable resource guide for dental hygiene students, recently graduated hygienists, and seasoned hygienists alike. To find out more about “Exploring Dental Hygiene, Finding the Hidden Rewards”, go to: www.sclark.net. To save costs, you can purchase Susan’s book directly from her by contacting her at sgc31@verizon.net. To quote Susan, “One of my biggest highlights of my career, was when Esther Wilkens asked me to sign my book for HER!”

**Linda Valderrama, RDH**

Although tooth decay is highly preventable, it is still considered to be the most prevalent, chronic, infectious disease of young children. "Brush Barry Brush," is a vibrant, colorfully illustrated book written and self-published by Linda Valderrama, RDH. This read aloud book, sends a simple, yet very important message for children ages 3-6. It will capture their attention and encourage them to develop a regular routine of brushing to maintain a bright and healthy smile. Stickers and chart included in the book create a fun reward system and positive reinforcement. “Brush, Barry Brush” is a 2011 International Book Awards finalist and Kart Kids Booklist winner. For more information please visit: www.shirleysgirlpublications.com, children’s book section amazon.com or email me directly: LVa2thpro@gmail.com

**CJ Machado, RDH**

CJ is a proud 2001 SWC RDH graduate. She has over 20 years experience in the dental field and knows how important it is to instill good oral health care habits during the early, formative years. CJ initially wrote this book in dental hygiene school as a class project. Then was inspired to rewrite this book after becoming the mother of energetic twin girls. She realized first hand how difficult it can be to motivate children to brush their teeth. “Even Cowgirls Brush Their Teeth” is a fun and motivating book for children of all ages. The best part is that some of the proceeds go to our local San Diego Health Foundation. The book is available at amazon.com, Barnes & Nobles, and is available as an e-book.

For more information, please visit: www.evencowgirlsbrushtheirteeth.com.
2013 CDHA House of Delegates Nominations

The 2013 CDHA House of Delegates will be held May 31 to June 2 at the Long Beach Hilton. All delegates must be in good standing with the ADHA, CDHA, and SDCDHS. Delegates will be required to:

- Perform duties in common
- Attend a pre-delegate workshop prior to Annual Session as conducted by the Trustee of the SDCDHS
- Attend pre-HOD caucus
- Attend all meetings of the CDHA HOD
- Submit expense vouchers to the Treasurer
- Attend board meeting(s), if possible
- Represent the interests of the component members

A vote for HOD delegates will be held at the February 26th meeting. No previous experience is required, only a willingness to join the team and make a difference is needed!

The following SDCDHS members are running to be delegates for the 2013 CDHA House of Delegates:

**Jeri Badour**

I learned quickly that if I wanted to have an influence in my chosen Dental Hygiene career, I needed to become active in my professional organization. It is through my 36 years of membership and serving in various positions of leadership (President - 3 terms, Trustee - 2 terms, Alternate Trustee - 1 term, Historian - 14 terms, HOD Delegate 14 terms) within our professional organization, that I have been able to see how my service, along with other active RDH members, has made a positive impact on the Dental Hygiene profession in California and beyond. It would be an honor to serve again as a CDHA HOD Delegate and to represent San Diego in helping to shape the career and future of Dental Hygiene in 2013 and the years to come. Thank you for your vote.

**Darcie Bell**

It would be my honor to represent San Diego as Delegate to the 2013 CDHA HOD. I am a graduate of Loma Linda University and am currently working as a clinical instructor at South Western College as well as private practice. I also serve as Alternate Trustee, SADHA advisor/liaison, and President of Delta Delta Phi, the San Diego Dental Hygiene Honor Society. As a past HOD delegate, it would be my privilege to represent San Diego once again, and help our students understand the value of ADHA membership and its responsibilities. It is my interest to further the influence and policy in our profession. If voted as a delegate for San Diego, I promise to take an active position in policy and promote our professional organization as an example to our future student members.
**Susan Clark**

As your current SDCDHS President, I have my finger on the pulse of component activity and direction. My commitment, dedication, loyalty, and leadership qualities demonstrate my capability to help promote the well-being of SDCDHS. With my passion, enthusiasm, and four years of experience as a past delegate, I would be delighted to represent SDCDHS once again, as a delegate to the HOD in June 2013. I will continue to bring new concepts, and ideas necessary to enhance our component’s stature.

I would be honored to represent SDCDHS at the State House. I have been an active member of SDCDHS since 1992 serving as Trustee, President, Treasurer, Membership Chair, Editor and Delegate to the House. I served for three years as State Membership Chair and was elected an ADHA delegate but had to resign due to my cancer. I serve as a Board Member for the Children’s Dental Health Association and participate in the Association’s events. I am currently helping SDCDHS revise and update the By-Laws and Procedures and Policies. I believe it is important that we continually interface with the State Association bringing forth our component’s opinions of the direction and policies that we believe should be embraced Statewide for the benefit of our profession. Thank you for your consideration and support.

**Brad Cushman**

Hello, I would like to take a minute to say how grateful I am to be a part of SDCDHS. I was not very politically minded before I began dental hygiene school, but something happened once I became involved in my new career, I became passionate about where I was heading in this field and what it meant to be part of something that is growing in greatness. Last year I had the honor of being a delegate for HOD and was captivated by the excitement of being involved, adding my voice to those of many experienced hygienists from our component, and I would love to be a part of it again if so allowed. Thank you for your consideration.

I graduated from the University of Iowa in 1956 and have been a member of ADHA for over 45 years. In the past I have served as SDCDHS President, Vice President, Program Chair, Ways and Means, and Circulation Chair. I have also been a delegate to CDHA HOD many times. Currently I am the SDCDHS liaison to the San Diego Dental Health Coalition and serve as Hospitality Chair. I have represented SDCDHS on the KPBS First 5 Commission and California Fluoridation Task Force and currently serve as Children’s Dental Health Advisory Council Chair. It would be an honor to be elected and once again serve our component as a delegate to the CDHA 2012 House of Delegates.

**Marilyn Jacobson**

Hello, I would like to take a minute to say how grateful I am to be a part of SDCDHS. I was not very politically minded before I began dental hygiene school, but something happened once I became involved in my new career, I became passionate about where I was heading in this field and what it meant to be part of something that is growing in greatness. Last year I had the honor of being a delegate for HOD and was captivated by the excitement of being involved, adding my voice to those of many experienced hygienists from our component, and I would love to be a part of it again if so allowed. Thank you for your consideration.

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San Diego County Dental Society
Presents

FREE DENTAL SEALANTS AND FLUORIDE VARNISH

For Children (1 - 18 years old) with No Dental Resources
(A parent or guardian must accompany each child.)

Join us for:

- Free School Entry Dental Exams
- Community Resources and Information
- Prizes, Prizes, Prizes

Saturday, February 9, 2013
9:00a.m. - 1:00 p.m.
North County Health Services
San Marcos Dental
150 Valpreda Road
San Marcos, CA 92069

CALL TODAY for an appointment!
619-692-8858
Children with appointments will be given priority.
“Walk-ins” are welcome.

What are dental sealants & fluoride varnish?
A safe & painless way to help prevent cavities!

☺ Dental Sealants are a special coating painted on the chewing surfaces of the back teeth.

☺ Fluoride Varnish is a special fluoride coating painted on all teeth.

Funded by San Diego County Dental Society in collaboration with North County Health Services,
Dental Health Initiative/Share the Care and First 5 of San Diego
We Need Your Help!

Be a volunteer at the Free Sealant and Fluoride Varnish Clinic for Children!

The event will be held on Saturday February 9, 2013 at:

North County Health Services
San Marcos Dental
150 Valpreda Road
San Marcos, CA 92069

Morning and afternoon shifts available.
Liability insurance required.
Please contact Linda at the Dental Society
619-275-7188 or Linda@sdcds.org

Humana Marketpoint: Securing Your Tomorrow Today!

In a world of constant change, one of your biggest concerns is providing a secure future for yourself and your family. Humana Marketpoint can help, with a variety of financial solutions:

<table>
<thead>
<tr>
<th>Health insurance</th>
<th>Critical Illness coverage</th>
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<td>Dental &amp; Vision coverage</td>
<td>Annuities</td>
</tr>
<tr>
<td>Life insurance (term &amp; perm)</td>
<td>IRAs, Roth IRAs, &amp; other retirement plan</td>
</tr>
<tr>
<td>Long Term Care Insurance</td>
<td>Disability Insurance</td>
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Take steps now to protect your lifestyle and your family’s future. Your decision to act today could make a big difference in securing your tomorrow!

For more information or to arrange a personal, in-home consultation, please call:

**Greg McMullen**  (CA License # 0D13621)
Cell: (858) 922-0195
E-mail: gmcullen@humana.com
General Meeting

Career Development Opportunities

6 Different Speakers Discussing the 6 Different Roles of Dental Hygiene

February 26, 2013 - Tuesday 5:45pm
Handelry Hotel - 950 Hotel Circle North, San Diego CA 92108

Course Description

This course will feature an amazing panel of speakers discussing the various career opportunities available to dental hygienists. The following speakers will be featured:

SUSAN CLARK, RDH, OM
Susan is a native New Yorker, residing in Temecula, California. She has an Associate of Science Degree in Humanities from Rockland Community College in Suffern, New York, and an Associate of Dental Hygiene Degree, from the University of New Mexico. Susan is President of the San Diego County Dental Hygienists’ Society, an alternate delegate to the ADHA, a delegate to the House of Delegates for California and a four year active member of Cal HyPAC. She began a fluoride varnish program for the ChildHelp Foundation in Beaumont, CA. traveled to Kiev, Ukraine to promote oral hygiene, and traveled to Honduras with the Central American Relief Efforts to help support their efforts to facilitate better oral care for the underserved. She now concentrates her efforts to bring access of care to the elderly in assisted senior living facilities, promoting her “reThink Your Drink” campaign. She authored and self-published a dental hygiene resource guidebook entitled “Exploring Dental Hygiene, Finding the Hidden Rewards.” www.sgclark.net.

NADINE LAVELL, RDH, MS
Nadine is the current President-Elect of CDHA and a long time active member of ADHA, CDHA and the Redwood Dental Hygienists’ Society. Nadine has practiced dental hygiene in multiple states - California, Arizona, Alaska, Minnesota, and Iowa. Her career has included a research and instructional design appointment at the University of Iowa as well as dental hygiene teaching appointments at the University of Iowa and Santa Rosa Junior College. She currently practices dental hygiene in Healdsburg, CA. Nadine received a Bachelor’s Degree in Dental Hygiene from Idaho State University and a Master’s Degree in Dental Hygiene from the University of Iowa. She recently completed an Introduction to Orofacial Myofunctional Therapy Course.

VICKIE KIMBROUGH-WALLS, RDH, MBA, PHD
Vickie began her dental career as a Red Cross volunteer at the age of fifteen; becoming a dental hygienist in 1993. In the course of her career, Vickie taught at Taft College dental hygiene program, was Director for the dental hygiene program at Shasta College in Redding. I Director for Truckee Meadows Community College, Reno, NV, and in 2011 became the Director for Southwestern College. Vickie recently earned her doctorate degree in Educational Leadership from the University of Nevada. Vickie co-authored “Ethics, Jurisprudence and Practice Management for the Dental Hygienist” She is currently Chair-elect for the Council of Allied Dental Program Directors for the American Dental Education Association.

NANCY STARR, MPH, RDH
Nancy has a bachelor degree in Psychology and a masters degree in Public Health, both from San Diego State University. She began her work in Public Health with the Dental Health Initiative/Share the Care in 1997. Nancy returned to school at Southwestern College and became a dental hygienist in 2004. Since then, she has worked as a clinical hygienist in private practice and a public health hygienist for Share the Care.
Course Description (cont.)

SANDRA R. SHAPIRO, RDH, BS
Sandra Shapiro is currently working for Premier Dental Products as a sales consultant. Her territory includes Orange County and San Diego. She does educational presentations on CAMBRA, Remineralization Technologies and Whitening. Sandra is a native of Southern California. She attended SDSU and then transferred to UCSF where she received her BS degree in Dental Hygiene and Public Health in 1986. She practiced abroad in both Israel and Brazil. She has great passion for the Dental Hygiene Profession and loved doing clinical hygiene. Her focus now is to educate dental offices on the importance of Enamel Therapy and the use of Fluoridated Varnishes and Remineralization Technologies. She is a member of a Women's Investment Club and recently completed a ½ Ironman race.

ROSE HALL, RDHAP, BS
Rose received her Bachelor of Science in Dental Hygiene from the University of North Carolina at Chapel Hill. She continued at West Los Angeles College and obtained a RDHAP license. Having been a member of SDCDHS for over 20 years, she now serves as Recording Secretary. In addition, Rose is an adjunct faculty member at Southwestern College. During the first part of her career, Rose was employed in a variety of clinical settings, but now focuses her energies as a Registered Dental Hygienist in Alternative Practice.

JOAN VRIELINK-CAPITO, RDH, BS
Joan received her B.S. in Biology from Loyola University of Chicago, and as Associate of Applied Science in Dental Hygiene from William Rainey Harper College. She spent most of her clinical career in a periodontal practice. In addition, Joan has conducted Continuing Education Presentations, been employed as an Adjunct Faculty Instructor at Southwestern College, and currently is in Public Health as a Community Health Dental Educator with Share The Care-Dental Health Initiative. She also has completed an Introduction to Orofacial Myofunctional Therapy Course.

Dinner Selection
On the registration form, please indicate whether you would like Option A or Option B for your dinner selection.

Option A
Panko Tilapia with chimichurri sauce
Served with Chef's Choice Accompaniments

Option B
Vegetarian - Eggplant Parmesan: Lightly Breaded with Baked Eggplant, topped with garlic marinara and mozzarella cheese

Have you protected your paycheck?

If you became disabled tomorrow, could you pay your bills?

Did you know that 3 in 10 workers will become disabled before age 65?

What would happen if you were forced to retire from dental hygiene due to a disability, could you maintain your current lifestyle?

CDHA members will get a discount of up to 40% off the cost of a disability insurance plan that is designed for dental hygienists!

♦ Your policy cannot be canceled as long as the premiums are paid on time.
♦ This plan is portable; you can take it with you wherever you work or live.
♦ Your benefits can pay you up to age 67.

Jean Rockwell, RDH
(619) 517-5894 or (800) 287-4467
jeanrdh@auerbachandgussin.com
www.auerbachandgussin.com
Lic.#0E24650
San Diego County Dental Hygienists’ Society

February 26, 2013 General Meeting Registration
Career Development Opportunities

♦ Mail check, proof of ADHA or ADA membership (copy of card or member number) and completed registration form to:

Michelle Rich, RDH 1740 El Camino Teatro, La Jolla, CA 92037

♦ Make check payable to SDCDHS. And complete a separate registration form for each person registering. Copy form as needed

♦ Paying by check or online you MUST mail (address above) or email registration form and proof of ADHA/ADA membership to: michbrich@gmail.com.

Name: __________________________ Title: ________ CA License Number: __________

Address: ____________________________________________________________

Home Phone: ______________ Cell Phone: ______________ Email: ______________

☐ Hygienist ☐ ADHA Member * ☐ ADHA Potential Member ☐ Dentist

☐ ADA Member* ☐ ADA Non-member ☐ DA/RDA/Admin ☐ DH Student

* Must include copy of current membership card to be eligible for member fees

Dinner Selection (Option A or Option B): _________________________________

Please list any special dietary needs: ________________________________

General Meeting Fee: $ __________ Payee/Check #: ______________

Confirmation of registration will NOT be mailed. Cancellations require a 5 day notice for full refund. A $20 charge will be assessed for returned checks. Reservations will not be processed without valid payment.

Fee Schedule:

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<th>Postmarked by:</th>
<th>Before 2/19/13</th>
<th>After 2/19/13</th>
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<tr>
<td>RDH, ADHA Member</td>
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<tr>
<td>RDH, Potential Member</td>
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<td>RDA, DA, Faculty</td>
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<td>Dentist, ADA Member</td>
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<td>Dentist, Non Member</td>
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<td>SADHA senior students</td>
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<tr>
<td>Non-SADHA students</td>
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For more information call 858-776-2901 or visit our website www.sdchhs.org

We look forward to seeing you!
Invites you to join in the 24th Annual

WOMEN’S RESOURCE FAIR
Empowering Women in Need

Saturday, March 9, 2013
8:30 a.m. to 3:30 p.m.
San Diego Civic Center
220 C. Street
San Diego 92101

This is a FREE event!

FREE SERVICES AT THE FAIR INCLUDE:
✓ Medical services for women (including pap smears and mammograms) and children (parents please bring immunization records for your children)
✓ Confidential legal consultations regarding family law issues, child support, domestic violence restraining orders, public benefits programs, immigration, housing, and consumer protection
✓ Help with obtaining financial assistance including TANF, CalWorks, Medi-Cal, General Relief, Food Stamps and Social Security
✓ Job application skills, self-defense, and personal care seminars
✓ Job skills, education, and employment counseling
✓ Spiritual Counseling
✓ Shelter Referrals
✓ For more information visit www.wrfsandiego.org or call (619) 338-6620

FREE CHILD CARE:
✓ Activities, breakfast and lunch for children up to age 16.

FREE TRANSPORTATION:
✓ The Women’s Resource Fair will work with large groups to arrange transportation from areas geographically distant from downtown San Diego. Transportation Request Forms may be filled out at www.wrfsandiego.org before March 1st. Requests are processed on a first-come, first-served basis and space is limited!

FOR INFORMATION ABOUT VOLUNTEERING:
✓ Register on our website at www.wrfsandiego.org
(BILINGUAL VOLUNTEERS NEEDED)

For more information contact Susan Clark, SDCDHS President at:
(951) 551-5153 or sgc31@verizon.net
San Diego County Dental Hygienists' Society
PROGRAMS & SEMINARS
2012-2013

February 26, 2013 – Tuesday  General Meeting

**Speakers:** 6 Different Speakers talking about the 6 Different Roles of Dental Hygiene  
**Course Topic:** Career Development Opportunities  
**Location:** Handlery Hotel - 950 Hotel Circle North San Diego, CA 92108  
**Time:** 5:45pm  
**Cost:** Early Bird - $40 members, $65 potential members  
After Postmark Deadline - $60 members, $85 potential members  
**CE Units:** 2

March 30, 2013 – Saturday  Continuing Education Seminar

**Speaker:** Joy L. Moeller, RDH, BS, COM  
**Course Topic:** An Overview on Orofacial Myofunctional Therapy  
**Location:** Admiral Baker Golf Clubhouse – 2400 Admiral Baker Road, San Diego, CA, 92120  
**Time:** 7:45am  
**Cost:** Early Bird - $80 members, $130 potential members  
After Postmark Deadline - $100 members, $150 potential members  
**CE Units:** 4

April 23, 2013 – Tuesday  General Meeting

**SDCDHS 75th Anniversary Party!**

**Speaker:** Druann Andrecht, RDH  
**Course Topic:** What About S.P.I.T.?  
**Location:** Handlery Hotel - 950 Hotel Circle North San Diego, CA 92108  
**Time:** 5:45pm  
**Cost:** Early Bird - $40 members, $65 potential members  
After Postmark Deadline - $60 members, $85 potential members  
**CE Units:** 2

May 21, 2013 – Tuesday  General Meeting

**Speaker:** Susan S. Wingrove, RDH, FADIA  
**Course Topic:** Optimal Peri-Implant Maintenance: Science, Systems, and Success!  
**Location:** Handlery Hotel - 950 Hotel Circle North San Diego, CA 92108  
**Time:** 5:45pm  
**Cost:** Early Bird - $40 members, $65 potential members  
After Postmark Deadline - $60 members, $85 potential members  
**CE Units:** 2

For more info on reservations, please contact:  
Michelle Rich, RDH – michbrich@gmail.com
The San Diego County Dental Hygienists’ Society exists for dental hygienists to share common interests, activities, education and institutions in fellowship with their professional colleagues. The mission of the San Diego County Dental Hygienists’ Society is to advance the art and science of dental hygiene by ensuring access to quality oral health care; increasing awareness of the cost-effective benefits of prevention; and promoting the highest standards of dental hygiene education, licensure, practice and research; and representing and promoting the interests of dental hygienists. The goals of SDCDHS are:

- To improve the health of the public
- To advance the art and science of dental hygiene
- To maintain the highest standards of dental hygiene practice
- To represent and protect the interests of the dental hygiene profession
- To improve the professional competence of the dental hygienist
- To foster research in oral health
- To provide professional communication
- To increase public access to oral health care professionals by removing barriers.