Uche Odiatu, DMD, is a professional member of the American College of Sports Medicine, a Certified Personal Trainer with the National Strength & Conditioning Association and the Canadian Association of Fitness Professionals CanFitPro. He is the co-author of *Fit for the LOVE of It* and the *Miracle of Health* and has lectured in Canada, the USA, the Caribbean, the UK and Europe. He's been the invited guest on over 400 TV and radio shows from ABC 20/20, Canada CTV AM, Breakfast TV to Magic Sunday Drum FM in Texas. Presenting on Thursday, May 16:

**Keynote: “Transform Your Health-Transform Your Practice”; 8:00 a.m. to 9:00 a.m.**

Whether you are a dentist, hygienist, manager, dental assistant or in administration, improving your physical condition will enhance everything you do. John F Kennedy said, “Physical fitness is the basis of all forms of excellence.” Did you know two-thirds of the top Fortune 500 executives exercise at least three times a week? Want to know why? Being fit empowers you to handle the enormous demands of work and a busy family life. Living a healthy fit lifestyle can boost personal productivity, increase your energy, build stamina, create mental clarity & slow down the aging process. This empowering and inspirational session will have you breaking through to the next level at work, rest and play.

**“Five Patient Lifestyle Habits that Impact Healing”, 9:30 a.m. to 11:30 a.m.**

Your patients don’t leave their stressful jobs, their insomnia, their marriages, their physical fitness (or lack) or their dietary patterns in the car before they sit in your chair. There’s irrefutable scientific evidence that each of these habits has the ability to ramp up inflammation or dial it down. In this fast-paced session, be prepared to have your hair blown back. Objectives: Discover how eating habits have the ability to dial down or ramp inflammation and how it affects your treatment outcomes; Learn why it’s important to identify the sleep deprived (not just apnea) patient in your practice; Understand why your sedentary patients don’t heal as well as your active living patients.

**“Nutrition Lallapalooza: French Fries, Flossing & Fitness”, 1:00 p.m. to 3:00 p.m.”**

Don’t miss this food festival. After this party is over you’ll no longer look at food as simply “fuel.” Our diets are the linchpin of the repair/regeneration cycle. Researchers have found irrefutable evidence macronutrients & micronutrients modulate inflammation in the body. Consuming a variety of healthy food lowers inflammation, slows age related dysfunction, supports a healthy gut flora & boosts oral health. This inspiring session will support you and your patients’ health journey. Objectives: Learn 10 new eating strategies to douse the flames of inflammation in the mouth and body; Understand intermittent fasting, probiotics, the secret of extra virgin oil, “why organic?” and the power of antioxidants; Learn motivational interview techniques to inspire long-term positive change in your patients’ health habits.

**SDDA Announces New Marketplace For Dental Professionals**

The SDDA has teamed up with the Minnesota Dental Association to offer Hesy-Re.com - the newest marketplace for dentists and dental professionals to post and apply for jobs, buy and sell practices, and buy and sell used dental equipment. Looking to hire dental professionals? As an employer, you can easily post job opportunities and view job seeker profiles that match your specific criteria. Add your listing to our robust job board and take advantage of all the features Hesy-Re.com has to offer! Promote your post, search using expanded filtering options, and set up digest emails based on the criteria YOU are looking for in potential candidates. Job seekers have the option to reply directly back to you – right from your listing!

Seeking employment? You can post your profile (anonymously!) and let hiring organizations find you! Hesy-Re.com offers detailed filtering options, expanded features for posting ads, and the ability to create your own digest email, which you can choose to receive daily or weekly based on your personalized search criteria.

Visit [Hesy-Re.com](http://www.Hesy-Re.com) today!
USD Dental Hygiene Update  By Ann Brunick, Chair; USD Dental Hygiene

Greetings from USD Dental Hygiene! Our year has gotten off to a great start. On the first day of classes, the Department held its annual White Coat Ceremony in Farber Hall on the University campus. Although the White Coat ceremony began long ago in the medical profession, many other disciplines have adopted this tradition including dentistry and dental hygiene. For all health professions, the White Coat Ceremony acknowledges an individual’s entry into a formal professional program and signifies the beginning of a lifelong career of service to others. The White Coat symbolically denotes professionalism, compassion, trust, and knowledge. Our 2018 incoming class of thirty-two students hail from Sioux Falls, Watertown, Colman, Parkston, Elk Point, Alexandria, Aberdeen, Rapid City, Pierre, Howard, Brookings, Freeman, Yankton, and Madison, in South Dakota as well as communities in northwest IA, southwest MN, and northeast NE.

We are so pleased to let you know that our 2018 May graduating class had good success in finding jobs. Several offices contacted our Department with job opportunities and we were immediately able to connect graduates with offices. Offices are encouraged to continue contacting the Department if they have available positions. Thank you for your support of our student summer internships. We know this is an imposition, but the students learn so much by watching you. Thank you to all who continue to allow a student or two year after year. If there are others who want to participate, please let us know.

We are fortunate to have received another 3-year federal grant from HRSA. This support will allow us to continue our efforts in rural schools, nursing homes, and senior centers. In these settings, it is our intention to see patients who do not have a dental home and are likely Medicaid-eligible. We contact local dentists in the areas we serve to see if they will accept the patients we see. Again, please contact the Department if you want to participate as a referral dentist.

Please note our CE schedule for D-Days and our ongoing certification course offerings. As always, thank you for your support of our program.

4th Annual Sioux Empire Smiles - October 6

The Southeastern District Dental Society (SEDDS) is again hosting a free one-day dental clinic for children 21 and under. The clinic will begin at 8:30 am on Saturday, October 6, 2018 and will serve up to 150 patients with comprehensive dental care services, from cleaning and exams to surgical and restorative treatments.

The clinic will focus on providing critical dental care while placing a high priority on patients suffering from dental infections or pain and providing basic dental education and awareness to patients.

Children’s Dental Center has once again donated the use of their facility for the event. Funding for the clinic has been committed by the Sioux Empire United Way and in-kind donations of supplies and materials is being sought from dental vendors and Sioux Falls area retailers.

A clinic of this size needs the participation of many volunteers. Dentists, dental hygienists, and dental assistants are needed to make this clinic a success. There will be two shifts for volunteers: 8:30 a.m. to noon and 12:30 to 4:00 p.m. Please contact Dr. Damon Thielen at damon.thielen@gmail.com if you would like to volunteer.

This clinic promises to be a rewarding experience for all volunteers coming together with a common goal of providing dental care to underserved populations of children and adults who cannot, for whatever reason, obtain care.

In addition to receiving needed dental treatment, patients will learn the importance of good daily oral hygiene practices, healthy diet and routine preventive dental care.

SDDHA Update

Greetings from SDDHA! As current President, I am excited to be a part of this dental community and am looking forward to successful collaboration in the years ahead. The Dental Hygienists’ Association is dedicated to finding new ways to provide much needed oral health care and education to the public. We seek to empower and support every hygienist in South Dakota. Both members and non-members of SDDHA and the ADHA can benefit from the forward progression of oral health wellness. Regularly, we are seeing the articles that discuss the connection between oral health and different systemic health conditions, the medical community is recognizing this important component of their patients health and are making the appropriate referrals to a dentist and hygienist for collaborative care. There is no denying the importance of the dental field, and the role each team member plays in initiating conversations and confirming the importance of those connections. The SDDHA supports initiatives that will increase the public’s overall oral health wellness and oral health knowledge.
The school year is off to a busy start at Lake Area Tech. Our Dental Assisting department welcomed 38 students this fall into our full-time eleven month campus program. They will join four students who started their fourteen month online-hybrid program last January. Several of these new students have previous “dental office” experience that helped them choose their educational and career path. We are very grateful to the dental offices that plant the seed of possibility in the student’s minds! Sometimes a few weeks of job shadowing or watching procedures results in filling our dental assisting classroom every fall.

We will once again be hosting a fall and spring Workshop which allows the opportunity for dental professionals to acquire CE credit. The fall workshop (early October) will offer one CE of Radiography along with other CE topics. The spring workshop (early April) will offer Infection Control CE along with other topics. The dates of these offerings will be posted on the LATI Dental Assisting webpage as they are planned.

Inter-lakes Community Action Partnership is bringing the Delta Dental Mobile Program to LATI campus on October 1-5, 2018. They will be seeing children from their 1st tooth thru age 21, who may not have a dental home. Our students will have the opportunity to tour the bus and experience real-life dental procedures being performed. It helps them relate to providing patient care and look forward to their next hands-on experience. We are thankful to be able to work with this wonderful program and appreciate the services provided for patient and student by the Delta Dental Mobile Program.

Over the summer months, we have had numerous inquiries on our dental assisting graduates and the program offerings. Lake Area Technical Institute’s Dental Assisting program is a CODA-accredited Dental Assisting Program. The Commission on Dental Accreditation is the accrediting body operating under the American Dental Association that establishes accreditation standards for dental programs. By providing standards for dental assistant schools, such as ours, CODA helps to ensure that students receive a quality education. They need to be prepared for the dental profession and that the public continues to receive care from skilled dental professionals. Upon graduation, our students will be able to apply for RDA status in the State of South Dakota.

If your office is looking for highly-competent dental assistants, please consider placing a listing on the Employment page of the Lake Area Technical Institute website (www.lakeareatech.edu). We direct our alumni and students to search there for potential job offerings. The students graduate in the summer months, but we have online students that are looking for offices during other times of the year. We welcome the opportunity to place students in your offices and thank you for the valuable experiences they receive. Once again, thank you for your continued support of our program!

The Dental Assisting Program at Western Dakota Tech has launched some exciting changes as we progress toward our site visit with the Commission on Dental Accreditation. Our new Program Director, Jenna Golden CDA, RDH, MSDH has joined full time faculty Sarah McCormick CDA, COA, RDA to implement the newly designed curriculum.

New this semester is Pharmacology/Med Emergencies. We are fortunate to have access to the WDT Simulation center to do role playing exercises relating to emergencies that may occur in the dental office. In addition, Dr. Bruce Evans will conduct a seminar for the students on common medical emergencies. Also new this semester is Dental Practice Management. The students are learning about risk management, team communication, dental software systems, inventory and supply ordering, insurance coding, treatment planning as well as building a professional resume and cover letter.

In August, we graduated 23 students from the program who were able to obtain RDA licensure and 90% are already employed. Many thanks to the partnerships with community dentists and their staff that have guided and mentored the student’s very important clinical preceptorship. We are very fortunate to have the support of our advisory board members and volunteer guest speakers.

We currently have 24 students enrolled, all of which appear to be motivated to learn about their chosen dental profession and obtain the skills and knowledge necessary to be part of a productive team. We would like to encourage the students to participate in community events to elicit increased awareness of those in need. If there are opportunities with any dental professionals we would like to hear about it.

Our calendar of events has several opportunities for dental professionals to become involved with promoting your dental practice and scouting for future dental assistants such as the Career Expo at the Civic Center on Thursday, September 27th and Scrubs Camp on Monday, November 19th. We are on the agenda for the October Black Hills District meeting and will be providing an update on the accreditation process as well as our revised curriculum. Our next advisory board meeting is scheduled for Monday, October 29th at 6:00 pm. There are set voting members, but the meeting is open to the public for those who would like to participate in reviewing and discussing our program goals and curriculum.

As always we welcome new interest in becoming a clinical site or to be a guest speaker in one of our classes, and to attend the upcoming advisory board meeting. If you have general questions about the program, please contact Jenna Golden at Jenna.Golden@wdt.edu or 605-718-3057. We look forward to working with community members to make sure this year is a success!
CONTINUING EDUCATION CALENDAR

The listing of these programs is provided as a service to SDDA Newsletter subscribers, and does not mean that these programs have been endorsed or approved by the SD Dental Association or the SD State Board of Dentistry. All members are cautioned to evaluate the programs on their own merit.

SDDA ANNUAL SESSION
Contact: Brenda Goeden 605-224-9133
www.sddental.org
May 16-18, 2019, Rapid City, SD
Registration forms included in the Spring 2019 Newsletter

WESTERN DAKOTA TECHNICAL INSTITUTE
Contact: 605-718-2410

Third Friday of the Month, mornings
➢ American Heart Association CPR Class for Healthcare Professionals

Third Friday of the Month, afternoons
➢ American Heart Association Healthcare Provider CPR Recertification

LAKE AREA TECHNICAL INSTITUTE
Contact: Nicole Pahl, 605-882-5284, ext. 362
Nicole.pahl@lakeareatech.edu
https://www.lakeareatech.edu/academics/dental-assisting

16-hour Basic Concepts of Dental Radiography
   Feb. 28-March 1, 2019

Fall Workshop
   October 2018

Spring Workshop
   April 2018

EFDA Course
   Starts Feb. 2019 (Hands-on June 3-7, 2019)

Home Study Radiology Courses available:
   ● Radiology Safety
   ● Radiography Production

UNIVERSITY OF SOUTH DAKOTA
Contact: Dept. of Dental Hygiene, 605-658-5960

Nitrous Oxide/Oxygen Sedation Course
   November 2-3, 2018
   June 13-14, 2019

Local Anesthesia Certification Course
   November 1-3, 2018

Radiology Certification Course for Dental Assistants
   October 19-20, 2018
   June 6-7, 2019

Dakota Days Continuing Education Course
   October 5, 2018

Hands-On Sealant Update
   February 22, 2019