

# Lancette VanGuilder

BS, RDH, PHEDH, CEAS, FADHA

Lancette serves as the clinical director for Sierra Sleep, Airway and Wellness Center in Reno, Nevada. She is also a complete health dental hygienist committed to improving practitioner and patient health while bridging the medical-dental divide.

She is an internationally recognized continuing education speaker, a clinician, airway ambassador, business owner, non-profit founder, public health advocate, lobbyist, proud vaccinator and certified ergonomic assessment specialist.

Lancette has received numerous awards for her contributions to dentistry. She is passionate about access to care, disease prevention and medical-dental integration.

Lancette co-founded Abundant Life, a health and wellness hub, and The RISE Experience. RISE offers personalized retreats to support women entrepreneurs in healthcare.

*Lancette is the current Vice-President of the American Dental Hygienists Association.*





# WHAT THE JUUL?

## *Vaping, e-cigarettes and new harmful trends*

These devices are sleek, easy to use and all the rage among teens, young adults and those seeking to quit traditional cigarettes. But what is the impact on oral health? Let's explore the current vape culture and address specific health concerns and the role of the healthcare provider.

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### Course Objectives:

- Explore vaping trends, liquids and devices
- Identify potential health risks associated with vaping
- Manage conversations around vaping and oral health
- BONUS MATERIAL: Vaping and COVID-19



# Au Naturelle: Oral Health and Homeopathic Trends

*Exploring Natural Products in Contemporary  
Dentistry*

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Holistic and alternative medicine trends are on the rise.

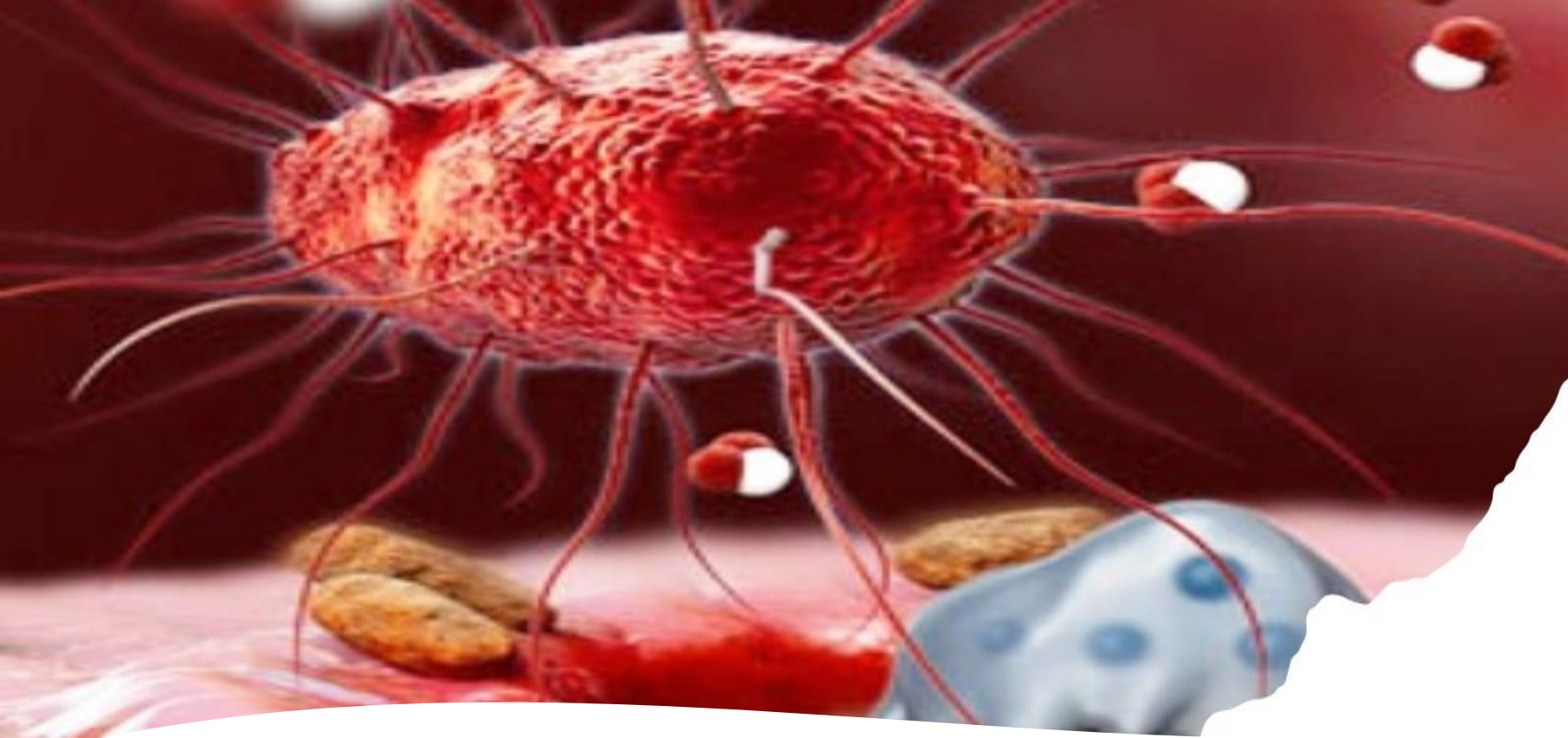
More and more people are seeking out natural ways to feel better, improve their health and minimize the need for harmful chemicals and invasive procedures. The dental team can serve as a valuable resource in guiding patients through product recommendations for optimal oral and overall health.

This course will explore teething jewelry, essential oils, charcoal, natural remedies, herbal therapies, and alternative products to equip dental professionals with a nuanced understanding of the potential benefits, limitations, and evidence-based approaches related to natural products in oral health care.

- 2-6 hr CE



- Understand cultural diversity and the role it plays in the dental setting
- Discuss research regarding natural options for oral health
- Identify current oral health products and trends



## *The Pathogen Pathway: exploring the oral-systemic link*

Bacteria, Viruses and Fungi- oh, and parasites too!

Research first appeared in the 1950's proving that oral bacteria enters the bloodstream. Today, research continues to emerge on the mouth-body connection and the critical role oral health plays in overall health and wellness. This course provides an in depth look at the many contributing factors to inflammation and the damage that it may lead to not only inside the mouth but also the entire body. 2 CE AGD Code: 490

- Identify the two pathogen pathways
- Connect oral pathogens with numerous medical conditions
- Explore opportunities to reduce inflammation through better biofilm management

Several connections have been discovered between the eye and oral cavity. Join me as we discuss oral pathogens, chronic inflammation, mouth and eye diseases and discover how the oral cavity and the eyes may hold clues to overall health and wellness. 3 CE

#### Course Objectives

1. Investigate the link between periodontal pathogens and eye diseases
2. Discuss risk factors for poor eye and mouth health
3. Develop a greater level of understanding for medical-dental collaboration

Eye spy with my little eye  
*Exploring the eye - mouth connection*



# INNOVATIVE OPTIONS TO IMPROVE OCCUPATIONAL HEALTH

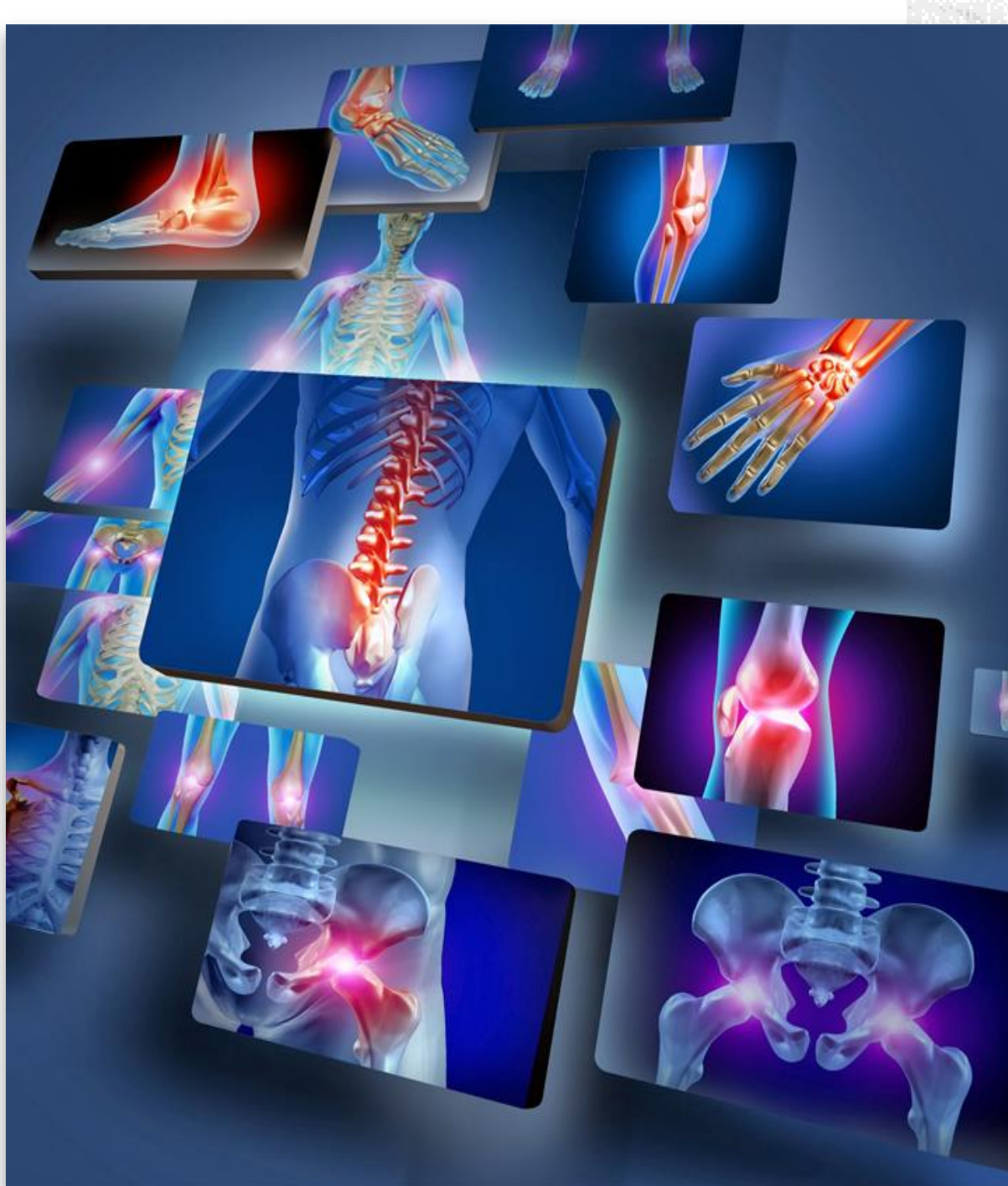
## Course Objectives:

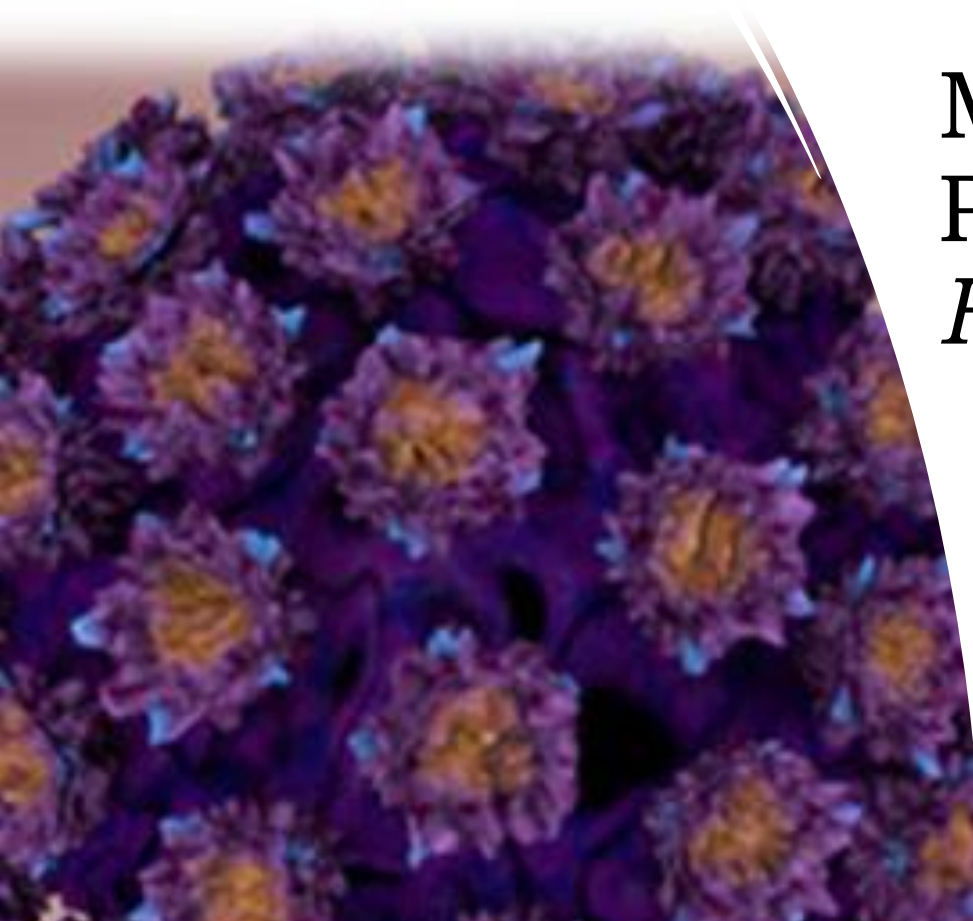
- Define the anatomical kinetic chain
- Explain contributing factors of Musculoskeletal Disorders (MSD)
- Identify dental equipment that may improve efficiency, enhance patient outcomes and assist with musculoskeletal health

Dental professionals continue to be at the highest risk for musculoskeletal disorders (MSD) due to maintaining awkward prolonged positions, repetitive motions and placing undue stress on their bodies. Frequently, the common areas discussed are related to the upper body but can undue stresses can also affect hips, knees and the feet/ankle, causing issues at work or play.

Workplace injuries for the dental professional are common and innovative products are emerging to help you provide optimal patient care and work safely.

AGD Code: 149- 2CE





# Make the Shift: Oral Cancer Prevention

## *HPV and the Oral Health Setting*

Prevention, education and early diagnosis are key with any type of cancer. Oral cancer is no exception. One American dies every hour every day from oral cancer. This course will expose oral cancer facts and myths and is intended to educate the entire dental/medical team on the crucial role that they can play in the oral cancer education, prevention and screening. 2 CE AGD Code: 730

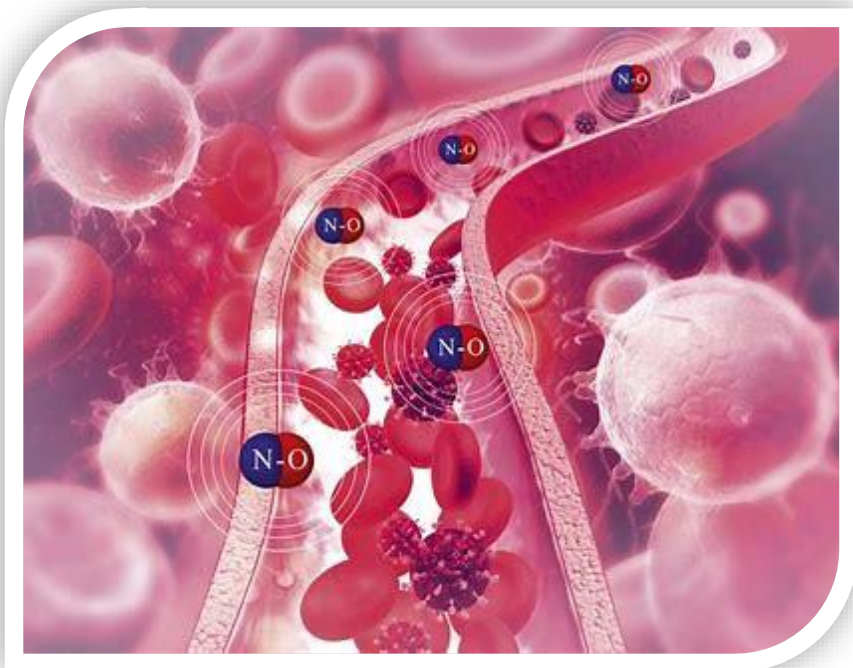
### Course Objectives:

- Learn signs, symptoms and risk factors for head and neck cancers
- Explain the HPV virus and the link between HPV and oropharyngeal cancers
- Discuss the role of the dental professional in health promotion efforts for disease prevention
- Address the HPV vaccination as an oral cancer prevention tool
- Demonstrate professional and self-assessment oral cancer screenings
- Provide cancer resources for professionals and patients

Explore the remarkable world of nitric oxide (NO) and its profound influence on oral and overall health and wellness in this engaging and informative hands-on workshop.

Nitric oxide is a molecule that facilitates communication among the 50 trillion cells in the human body. Three scientists were awarded the Nobel Prize in 1988 with their research on NO and cardiovascular health. Since then, the science behind this molecule shows promise to promote heart health, decrease inflammation, improve sleep quality and insulin signaling, enhance memory, promote sexual health and even provide immunity against some bacteria.

This course is designed for dental professionals seeking to deepen their understanding of nitric oxide and its various applications in healthcare, including dentistry.



- Understand the role of nitric oxide in medicine
- Discuss the importance of nitric oxide for oral health
- Perform salivary testing to assess nitric oxide levels
- Discuss strategies to maintain and/or improve nitric oxide levels

(c) hygienistforhealth

# The Power of Nitric Oxide: exploring nitric oxide in medicine and dentistry

Hands-on  
Workshop  
2 CE



# Bruxism, TMJ and Sleep Apnea

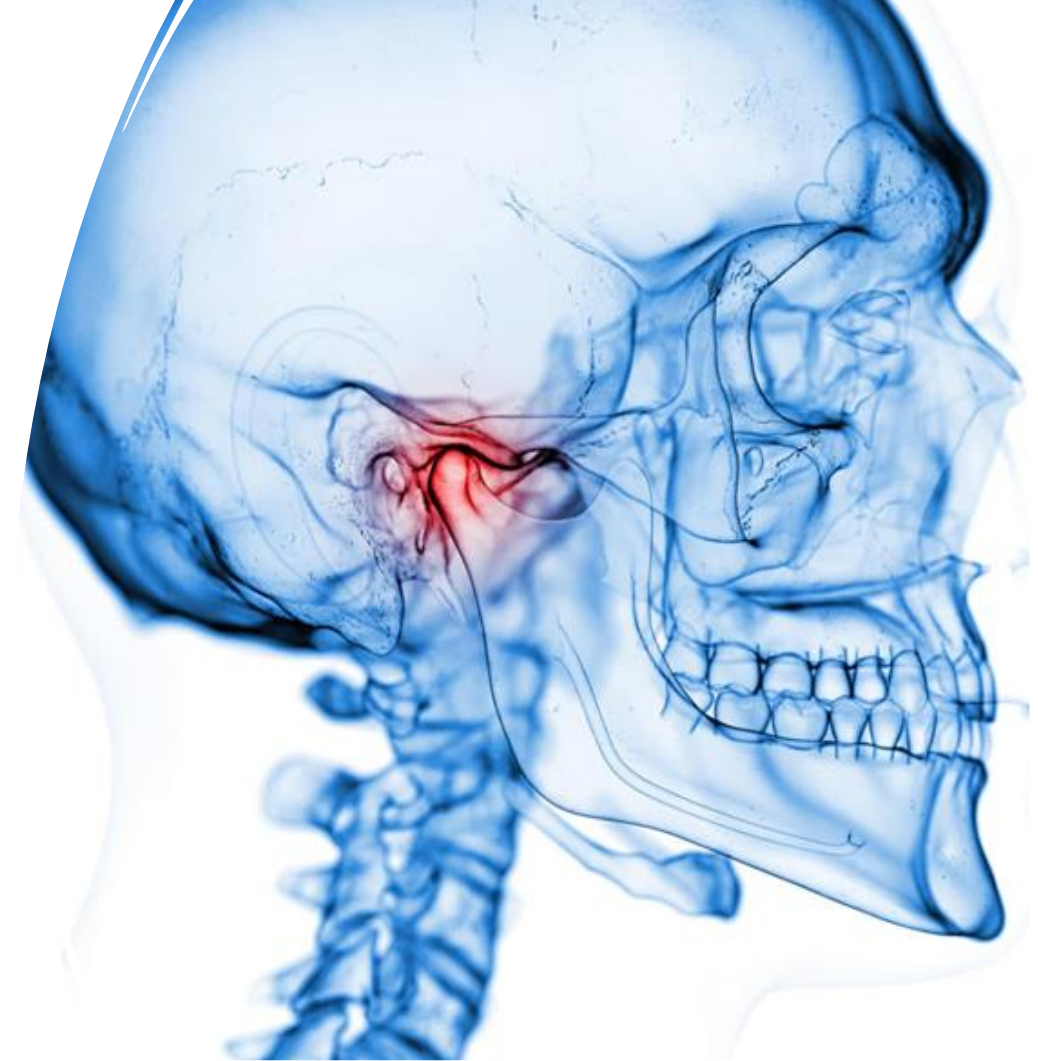
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- ✓ Recall the functional airway anatomy and physiology
- ✓ Identify signs and symptoms of disordered breathing
- ✓ Implement screening and assessment tools
- ✓ Review a Case Study
- ✓ Create interdisciplinary care planning

This course offers dental practitioners an in-depth understanding of the intricate relationship between teeth grinding/clenching, the temporomandibular joint (TMJ) and disordered breathing.

We will explore the connection between the conditions and the interdisciplinary strategies to improve patient outcomes and quality of life.

Participants will gain comprehensive insights into the anatomical, physiological, and clinical aspects of anatomy, function, sleep and breathing, allowing them to collaborate effectively as part of a patient-centered care team. 2 CE





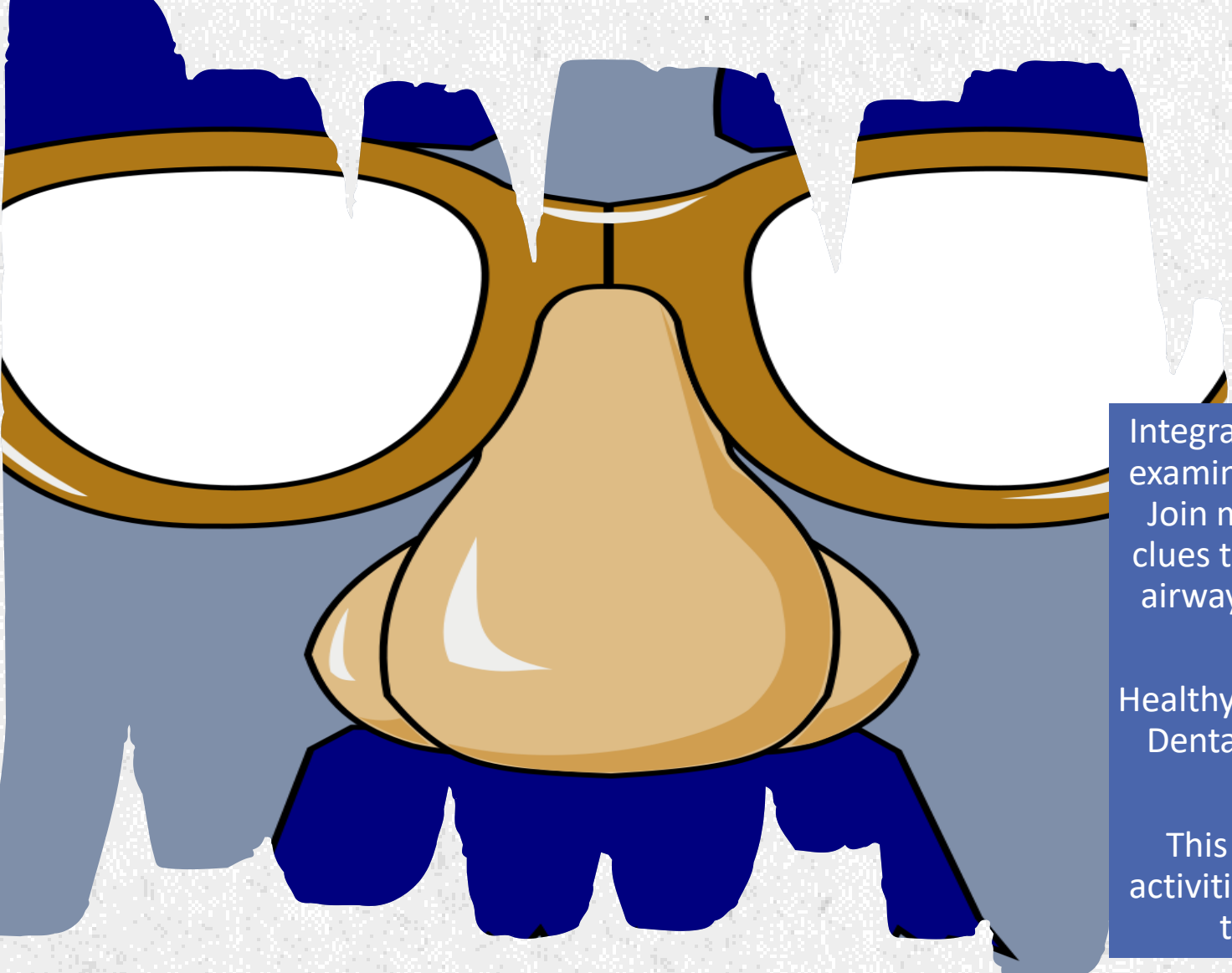
# Dental Detectives: Screening Kids for Sleep Apnea

Dental practitioners can play a critical role in assessing pediatric patients' habits, growth/development, sleep and breathing.

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Pediatric Obstructive Sleep Apnea (OSA) is a prevalent and potentially life-threatening condition that can impact a child's mental and physical health. Many signs and symptoms of disordered breathing can be identified in the head and neck region, including the oral cavity. By the end of this course, participants will have gained the knowledge and skills necessary to identify some of top red flags and common contributing factors for disordered breathing in children. Dental practitioners will gain confidence and skills to have the ability to implement airway assessments into routine pediatric dental appointments. 2 CE

- Understand the prevalence of pediatric sleep and breathing disorders
- Recall the signs and symptoms and risk factors of Pediatric OSA
- Implement pediatric airway assessments
- Develop treatment and referral strategies
- Review a Case Study



# ARE YOU AIR AWARE?

INCORPORATING AIRWAY ASSESSMENTS  
TINE DENTAL APPOINTMENTS

*Lancette VanGuilder, RDH, BS*

Integrating airway assessments alongside the head and neck examination is a quick and easy way to assess overall health. Join me as we look at the head and neck area and identify clues that dental hygienists can pick up on to help assess for airway concerns such as disordered breathing, tongue and frenum restrictions and mouth breathing.

Healthy breathing is critical to optimal oral and overall health. Dental hygienists can be a collaborative partner for airway health, breathing, sleep and TMD.

This course will provide the participant with interactive activities (have your cell phone ready) and a course handout that includes a printable chairside guide. 3-6 CE

## Course Objectives:

1. Define disordered breathing and various contributing factors to airway problems
2. Provide a step-by-step guide for incorporating airway assessments with comprehensive head and neck examinations
3. Review treatment options to improve airway health

Healthy breathing is critical to optimal oral and overall health. Dental practitioners can be a collaborative partner to bridge the medical-dental divide by implementing airway assessments during routine dental visits.

Integrating airway assessments alongside the head and neck examination is a quick and easy way to assess oral and overall health. Join in as we discuss intra/extra oral photos that the dental team can use for patient education and screening for airway health and sleep disordered breathing



Using intraoral cameras to educate, identify and raise awareness about airway health.

Presented by: Lancette VanGuilder

# Just Breathe

# PERIODONTAL DISEASE DOES NOT DISCRIMINATE BASED ON AGE



*A look at periodontal disease through childhood, adolescence and early adulthood.*

Many sources shed light on the fact that the majority of the population will experience periodontal disease at some point in their lifetime. We also know that the risk is significantly higher as people age. But when does periodontal disease start? Are we doing enough to prevent it and most importantly, are we doing enough to catch it at its earliest stages? 2 CE AGD Code: 490

## Course Objectives:

- Discuss oral health challenges of today's youth
- Review systemic considerations of periodontal disease
- Review comprehensive periodontal assessment and classification, including the new AAP Guidelines
- Investigate the need for office protocols for comprehensive periodontal assessment
- Review case study



Hygienist for Health

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# GOING VIRAL!

## *The role of viruses in oral disease.*

Bacteria, Viruses and Fungi-on my!  
Research continues to emerge on the mouth-body connection and the critical role oral health plays in overall health and wellness. Traditionally, bacteria has been the focus of most oral diseases. This course explores the role viruses may play with periodontal disease, oral cancer and tooth decay.

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### Course Objectives:

1. Review virology
2. Discover cross-kingdom interactions between bacteria, viruses and fungi
3. Explore the association between viruses and oral diseases

Bonus Material: COVID-19

A close-up photograph of a person's lips, coated in a vibrant, glossy magenta lipstick. The lips are slightly parted, and a single, clear, glistening drop of saliva is falling from the center of the lower lip. The background is a soft, out-of-focus light pinkish-white.

# Salivaomics

*Saliva is full of clues of what may be happening in the body. It contains DNA and markers for endocrine, immunologic, inflammatory, infectious and various other conditions. Knowledge is power! Test your saliva IQ!*

- Review head and neck anatomy associated with saliva production
- Identify salivary diagnostics and salivary screening tools that can be used in the dental setting
- Understand the role of Salivaomics in medical-dental collaboration

# Hemp Happiness: Oral Health Products

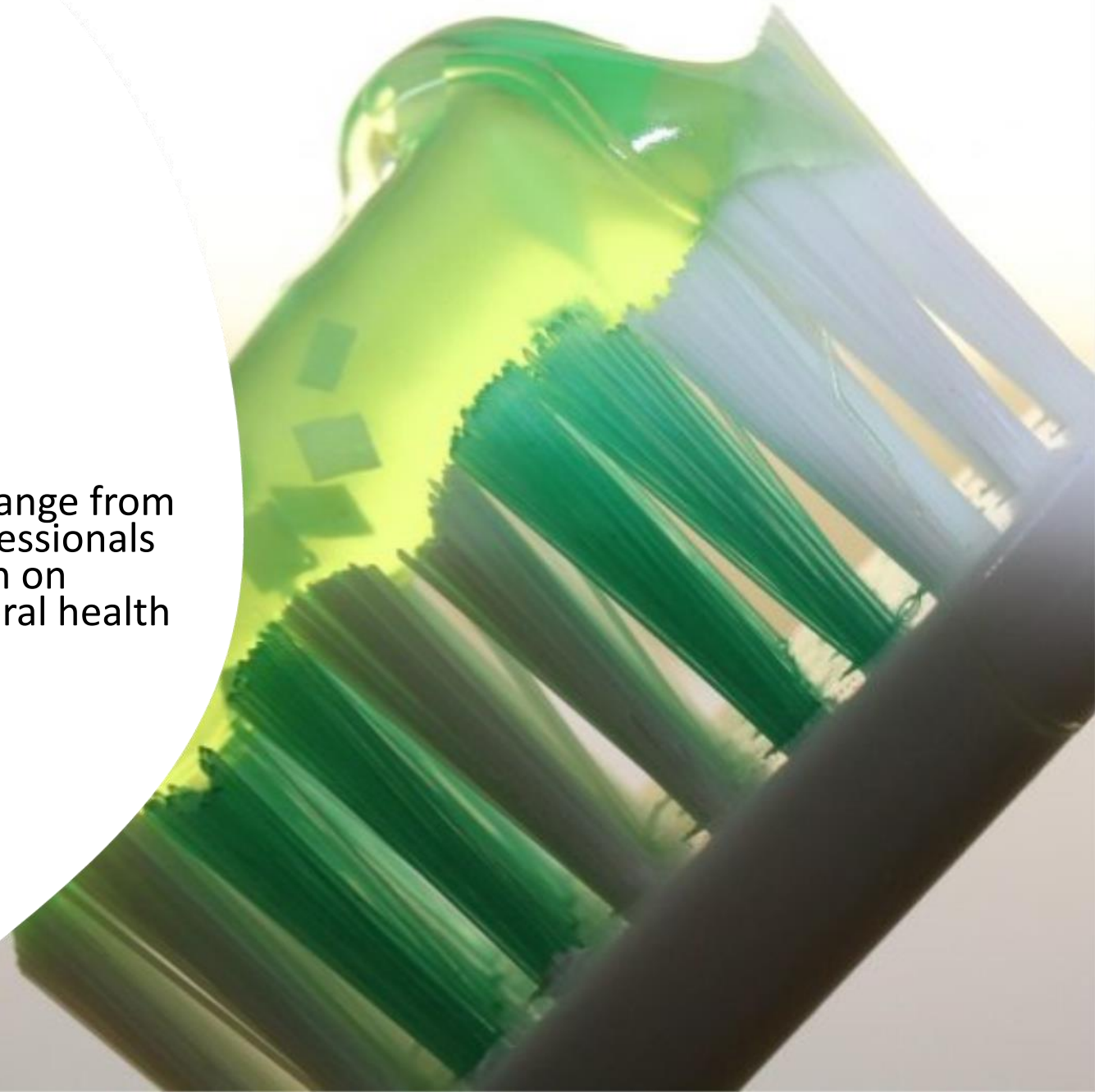
CDB, THC, OMG!

Let's test your knowledge of the cannabis culture.

With hundreds of compounds in the plant, the uses range from vaping, smoking, eating and as an extract. Dental professionals are encouraged to be up to date on the latest research on cannabis regarding oral and overall health, including oral health products. AGD Code: 010

## Course Objectives


1. Define cannabis sativa
2. Identify cannabis trends
3. Explore cannabis oral health products: toothpastes, rinses and oils





# AI: ARTIFICIAL INTELLIGENCE AND HEALTHCARE

CAN TECHNOLOGIC ADVANCES COULD LEAD TO BETTER HEALTH OUTCOMES



The future is here! AI may recognize us, even when we don't recognize it. Artificial Intelligence has the potential to help the practitioner, the patient, the business model and the corporate world. It may assist in staying ahead of changes, anticipating patient/consumer desires and assist with more cost effective and data driven practices. But will it help us be better?

AGD Code: 550

## Course Objectives

- Define artificial intelligence
- Discuss the risks and benefits of machine intelligence
- Investigate AI applications in medical and dental settings

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Course  
Audience:  
Entire Dental  
Team





# WHERE, WHAT, WHY AND WHEN?

## ORAL PATHOLOGY REVIEW AND REFRESH

Let's revisit some of the most common soft tissue and radiographic lesions dental professionals may encounter. Everything from papilloma and tumors to vaper's tongue and oral manifestations of COVID 19. Refresh your knowledge base, identify conditions that may or may not warrant intervention and gain confidence to up your oral pathology game! 2 CE

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### Course Objectives

1. Review concepts of health and disease and the body's response in the head and neck regions.
2. Identify radiopacities and radiolucency on dental images.
3. Differentiate appropriate techniques for describing lesions.
4. Document lesions accurately in permanent patient records.
5. Expand on the general and oral implications of inflammation and injuries to tissue, risk factors for pathology, and other systemic diseases with oral manifestations.



## **DENTAL THERAPY: WHAT, WHO AND HOW?**

### ***A guide to serving the public and enhancing the dental community***

As data emerges about the oral health crisis in our nation and need for improved access to dental care, it has become evident that the current dental delivery system may not be meeting the needs of the public. This course will look at the emergence of dental therapy in the United States and provide an in-depth discussion on what dental therapy is and the education, scope of practice and licensure. This model of care is also considered as an advancement in the career ladder for the dental hygienist. 1 CE AGD Code: 149

#### **Course Objectives:**

- Examine oral health and access to care issues in the United States
- Assess the history of dental therapy and midlevel dental providers
- Explore dental therapy education standards, including scope of practice
- Review licensure of dental therapists



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# DO THESE GUMS MAKE ME LOOK FAT?



## *The link between weight and periodontal disease.*

Research first appeared in the 1950's proving that oral bacteria enters the bloodstream. Today, research continues to emerge on the mouth-body connection and the critical role oral health plays in overall health and wellness. This course provides an in depth look at the many contributing factors to inflammation and specifically the correlation between obesity and periodontal disease. 1-2 CE AGD Code: 490

Bonus Material: Obesity and COVID-19

### Course Objectives:

1. Identify two pathogen pathways implicated in the oral-systemic link
2. Discover the association between weight and oral health: periodontal disease, tooth decay and oral cancer
3. Review US BMI, waist circumference, blood pressure and nutrition guidelines
4. Discover communication tools for weight discussions in the dental setting



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Course  
Audience:  
Entire  
Dental Team  
1 CE



# HYGIENE HANDPIECE SAFETY

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Innovations in technology and infection control are designed to create a more efficient and safer practice environment.

Cordless prophy handpieces not only enhance ergonomic support, but they also offer a clinician the benefits of speed control and splatter minimization.

In this course, Lancette VanGuilder, a leading clinician and internationally-renowned speaker, will review the current trends in dental infection prevention and safety and the advantages and considerations of cordless and air-driven handpieces.



## Course Objectives:

- Understand the differences in splatter and aerosol control for improved patient-clinician safety
- Recognize the ergonomic benefits of cordless handpieces
- Compare various features of prophy angles and prophy paste
- Identify key factors to consider when determining the right product for your practice

# The fine line between pleasure and pain

## Opioids and Pain Management



Pain is now considered a global health issue and may affect each one of us in our lifetime in one way or another. With mounting evidence demonstrating the high prevalence of pain today, it is important to raise awareness about the pain epidemic and discuss the many facets of pain such as: assessment, treatment and mismanagement. This course has been designed to enhance the role that healthcare providers play in providing a collaborative approach to patient centered and comprehensive care and address the opioid crisis. 2 CE

AGD Code: 340

### Course Objectives:

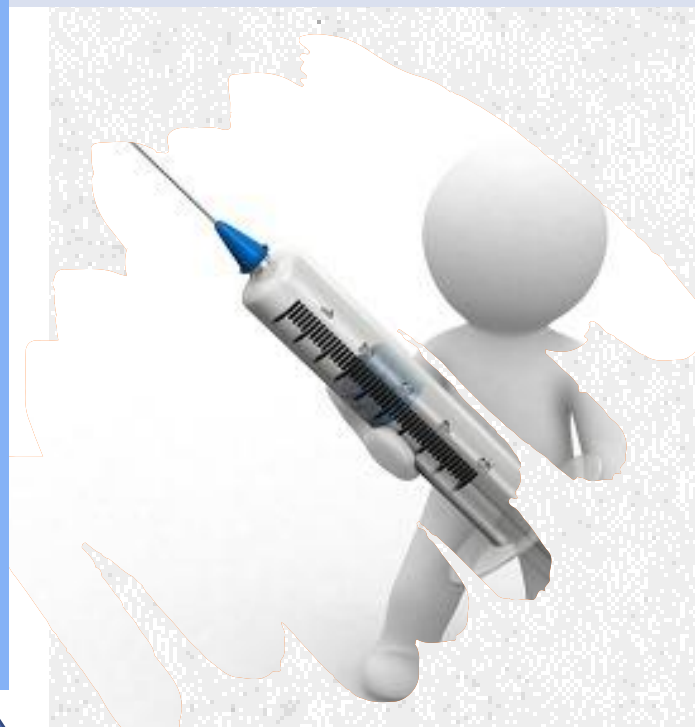
- Understand the physiological and psychological aspects of pain
- Comprehend the opioid crisis and addiction
- Identify pain management strategies

# ARE YOUR SHOTS UP TO DATE?

## TECHNIQUES, TROUBLESHOOTING AND TRENDS

### Course Objectives:

- Recall anatomical and pharmacological considerations for administration of local anesthesia
- Develop skills and confidence to overcome common barriers
- Demonstrate a wide variety of local anesthesia techniques
- Identify trends regarding local anesthesia: computer assisted, vibration, buffering and reversal agent



Continued competence is essential for local anesthesia techniques. This course will provide an overview of head and neck anatomy, local anesthesia agents, techniques and armamentarium with an emphasis on new trends. You will leave having confidence to provide optimal pain management techniques in dental procedures. AGD Code: 340

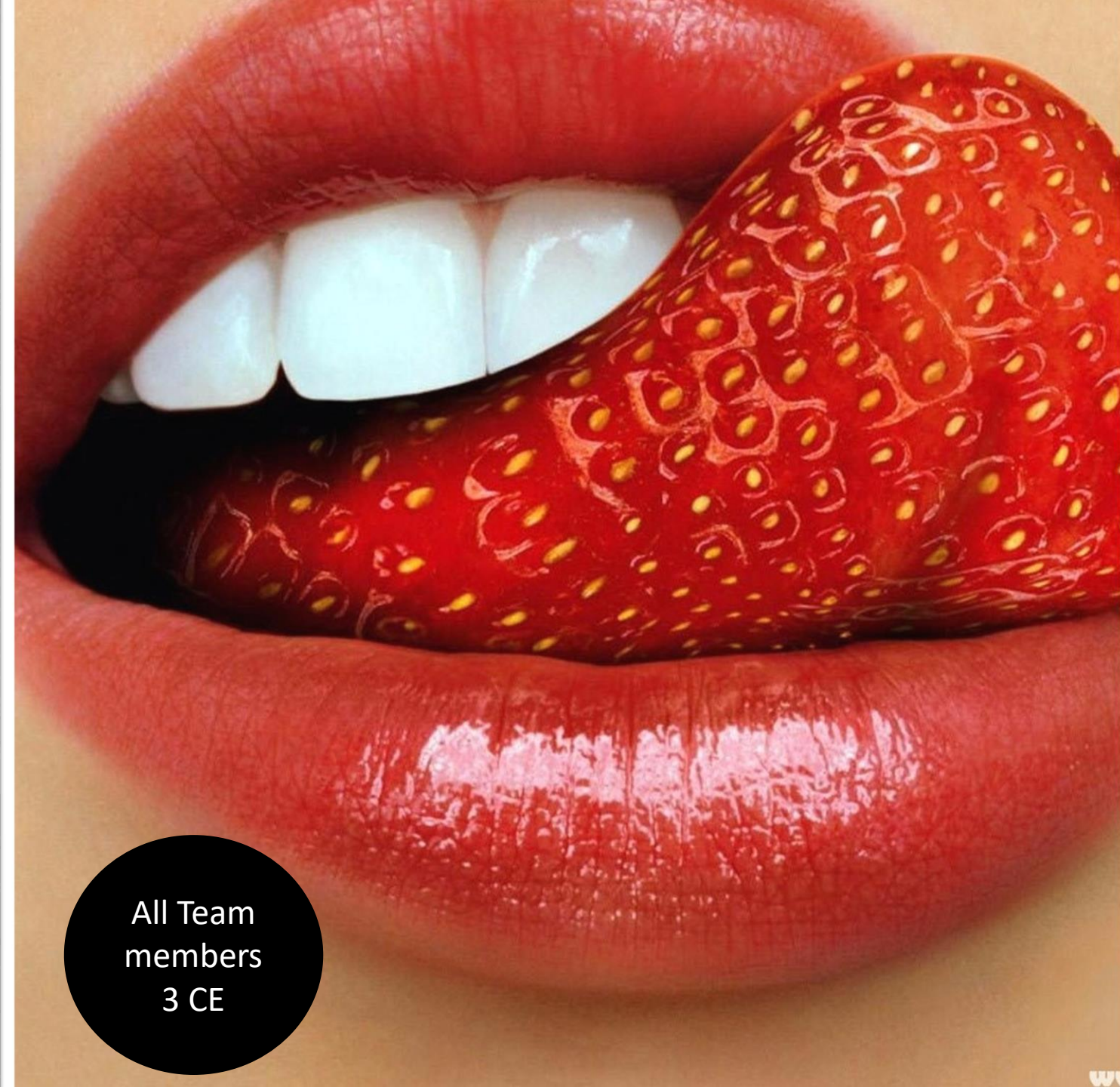


Hygienist for Health

Course  
Audience:  
Dentists and  
Dental Hygienists  
2 CE

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# COVID-19 AND ORAL HEALTH

As COVID-19 research and cases emerge, we are learning more about risk factors, severity and disease transmission. Oral manifestations have been documented in COVID-19 cases and have a wide variety of signs and symptoms. The dental professional can play a key role in discussing the link between COVID-19 and oral health.

This course will explore the oral-systemic link involving bacteria and viruses and identify the most common oral manifestations of COVID-19. While we still don't know everything we need to know about the virus, we can be empowered to help educate our patients on the oral-systemic link, oral health and salivary diagnostics.

## Course Objectives:

1. Examine the oral-systemic link
2. Identify oral manifestations of COVID-19
3. Recognize salivary diagnostics used for disease detection

All Team  
members  
3 CE





Interactive  
CE

# MINDFULNESS FOR HEALTH: IMPROVING PATIENT OUTCOMES AND ENHANCING THE PROVIDER EXPERIENCE

Mindfulness primes the mind for clarity, calmness, gratitude, happiness and overall improved mental health. But, can it also promote better physical health? This course will explore the research behind mindfulness for mental and physical health, including depression, anxiety, pain control and chronic inflammatory diseases.

This course will be interactive: be prepared to ***be in the moment!***

## Course Objectives:

1. Understand how mindfulness may be used for health promotion, prevention and disease management
2. Recall oral-systemic health connections
3. Develop skills-based training for mindfulness techniques

# GET INTO THE GROOVE!

*It's a new era for dental sealants.*

## Course Objectives:

- Address the effectiveness of dental sealants, including evidence-based recommendations
- Explore selection criteria for dental sealants in children and adults
- Identify modern day dental sealant materials and techniques



This course will explore some of the facts and myths regarding dental sealants.

Evidence shows that dental sealants are highly effective at preventing decay and yet still severely under utilized. Join me as we talk about revolutionary new materials and techniques to help make dental sealants successful. AGD Code: 430



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Course  
Audience:  
Entire  
Dental Team



# ARMED AND READY FOR THE FUTURE: DENTAL HYGIENISTS GIVING VACCINATIONS



All Team  
members  
1 CE

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As the healthcare landscape evolves, more emphasis has been placed on improved access to care, interprofessional collaboration and public health. Dental professionals may be poised to play a new and innovative role in the healthcare delivery system. Most recently, the COVID-19 pandemic shed light on the need for workforce readiness, disease prevention and COVID vaccines in a state of emergency. But, could we be at a tipping point for new groundbreaking options for dental professionals in the administration of all vaccines?

## Course Objectives:

1. Recognize various vaccines available for disease prevention
2. Identify the vaccination that has been FDA approved for mouth and throat cancer
3. Discuss COVID 19 Vaccines
4. Discuss the promotion and administration of vaccines by dentists and dental hygienists

# THE NEW NORMAL: TELEHEALTH AND TELEDENTISTRY

## Course Objectives:

- Explain telehealth and Teledentistry
- Explore applications in dentistry and dental hygiene
- Identify Teledentistry platforms and equipment



Telehealth is a broader scope of healthcare that offers a virtual model for medical, dental, public health and education services.

We now have the ability to not only bridge the gaps in healthcare but also extend a broader reach to improve access to care.

With Teledentistry services, we can support patient care and improve relationships between providers, patients and payors.

Let's explore the many applications for uses in dentistry. 1 CE

AGD Code: 149



# URGENT AND EMERGING TRENDS: KRATOM, VUSE, NICOTINE POUCHES, OPIOIDS AND MARIJUANA

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Dental hygienists are key preventionists and could be the first line of defense in addressing the risks presented by substance use.

Evidence is emerging regarding the potential harm and benefits of many substances, including vaping, pills, capsules, extracts and plants. Many of the current and emerging trends may cause harm to the health and welfare of the communities that we serve.

It is important for the dental professional to stay up to date on new and emerging products, plants and practices to raise awareness, educate and assess/screen for substance use.



This photo by Unknown Author is licensed under [CC BY-NC-ND](#)

## Objectives:

- Comprehend new substance use products and trends
- Identify risks and adverse outcomes of substance use and abuse
- Construct community outreach plans to educate youth and adults

# DENTAL HYGIENISTS: ESSENTIAL PRIMARY CARE PROVIDERS



Dental hygienists are the primary preventive oral health care provider. With the education and licensure required to provide preventive and therapeutic care to the public, dental hygienists are poised to meet the needs of the public.

Currently, many sources shed light on the demand and severe need for dental services that may be provided by the dental hygienist. In addition, the ever-evolving healthcare landscape, the expansion of healthcare coverage, increased research with the oral systemic link and the epidemic of inflammatory and chronic diseases are reinforcing that optimal oral health is a key component for optimal overall health. As states across the country are moving to expand the dental hygiene scope of practice, increase practice settings and introduce midlevel dental hygiene providers, the profession of dental hygiene is exploding with opportunities!

## Objectives:

- Review the dental hygiene process of care and the ADHA Standards of Clinical Practice
- Discuss the ever-evolving state dental hygiene practice acts around the country
- Provide a global perspective regarding the dental hygiene profession
- Explore various practice settings: private, corporate and public health
- Describe current and potential dental hygiene workforce

Course Audience:  
all are welcome  
3 CE



# — Thrive!

Don't just survive- learn how to thrive in Dentistry!

Today's healthcare environment is dynamic and rapidly changing. Opportunities are emerging for professionals with vision, ambition and a wide variety of skills. Join us as we discuss strategies to stay relevant, participate in meaningful work and fulfill your sense of purpose.

## **Keynote Presentation**

Objectives:

- 1) Review the evolving healthcare landscape
- 2) Explore new clinical products and techniques
- 3) Discuss NextGen healthcare
- 4) Elevate the provider experience and the profession

\*all attendees receive a small gift



# EXCITING OPPORTUNITIES FOR COLLABORATION FOR LANCETTE'S CE COURSES!

## Potential for a Saddle Stool Give-away



## Potential Full or Partial Sponsorship

***Submit a request here:***

<https://www.premierdentalco.com/education/seminars-2/professional-programs/>



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Hygienist for Health



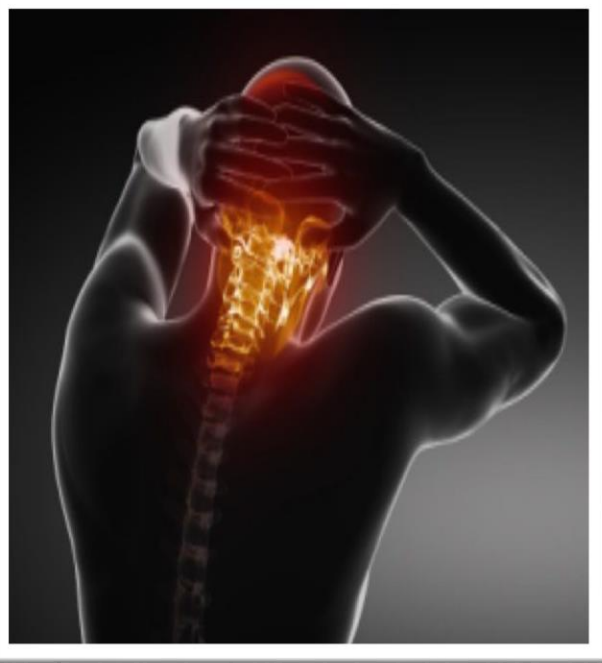
A professional studio microphone with a pop filter is centered in the foreground. The microphone is mounted on a stand and is surrounded by a metal cage. The background is a blurred recording studio with wooden paneling and a desk. The text "Additional courses with second speaker" is overlaid in white on the microphone.

Additional courses  
with  
second speaker



Ward VanGuilder, MAPT, CIMT received his physical therapy degree from the College of St. Scholastica in Duluth, MN in 1995 and currently specializes in occupational health/wellness, injury prevention and rehabilitation, workplace safety and ergonomics. In 2014, Ward completed training through Great Lakes Seminars to be recognized as a *Board Certified Integrated Manual Therapist*.

Throughout the last 22 years, he has primarily worked with industrial athletes and patients from a variety of work settings. Ward currently oversees a specialty program and manages a large team of specialists including orthopedic surgeons, physiatrists, pain management specialists, podiatrists, psychologists and neurosurgeons in California, Nevada, Alaska and Hawaii. Ward works with a national rehabilitation company and serves as the Director of Advanced Specialist Services.



# INTERVENTION STRATEGIES FOR NECK PAIN

OPTIMIZING PATIENT CARE AND ENHANCING THE PROVIDER EXPERIENCE

Ward VanGuilder, MAPT, CIMT and Lancette VanGuilder, RDH, BS, CEAS

Dental professionals continue to be at the highest risk for musculoskeletal disorders (MSD) due to maintaining awkward prolonged positions and placing undue stress on their bodies. Some of the most reported areas of pain include the neck, back and hands. Recent studies have indicated that neck pain is a leading concern among dental professionals. Join in as we look at a wide range of options, including evidenced-based physical therapy strategies, to reduce musculoskeletal pain and disorders of the head and neck for the dental practitioner.

This physical therapist-dental hygienist duo will provide important knowledge on common injuries and disorders that the dental professional may encounter and more importantly, provide prevention and pain reducing strategies to keep you healthy.

AGD Code: 149



Course  
Audience:  
Entire Dental  
Team  
2 CE

Interactive  
CE

## INTERVENTION STRATEGIES FOR NECK PAIN

OPTIMIZING PATIENT CARE AND ENHANCING THE PROVIDER EXPERIENCE

Ward VanGuilder, MAPT, CIMT and Lancette VanGuilder, RDH, BS, CEAS

Dental professionals continue to be at the highest risk for musculoskeletal disorders (MSD) due to maintaining awkward prolonged positions and placing undue stress on their bodies. Some of the most reported areas of pain include the neck, back and hands. Recent studies have indicated that neck pain is a leading concern among dental professionals. Join in as we look at a wide range of options, including evidenced-based physical therapy strategies, to reduce musculoskeletal pain and disorders of the head and neck for the dental practitioner.

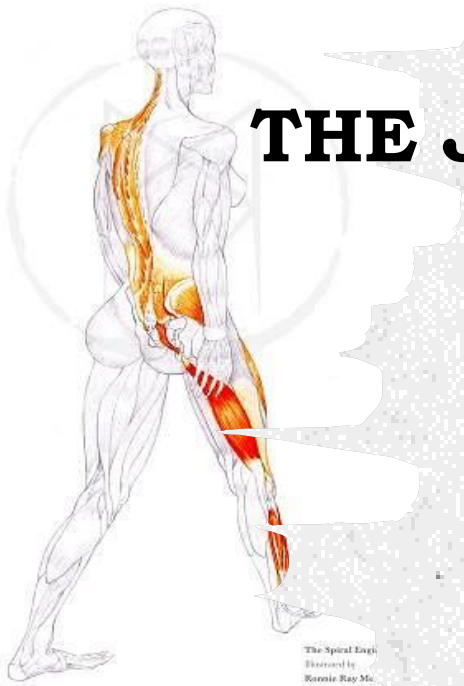
This physical therapist-dental hygienist duo will provide important knowledge on common injuries and disorders that the dental professional may encounter and more importantly, provide prevention and pain reducing strategies to keep you healthy.

AGD Code: 149



Course  
Audience:  
Entire Dental  
Team  
2 CE

Neck anatomy  
Prevention of neck pain  
Posture  
Neck movement



# THE JAW BONE IS CONNECTED TO THE ANKLE BONE

Ward VanGuilder, MAPT, CIMT and Lancette VanGuilder, RDH, BS

Dental professionals continue to be at the highest risk for musculoskeletal disorders (MSD) due to maintaining awkward prolonged positions and placing undue stress on their bodies. Frequently, the common areas discussed are related to the upper body. But in fact, the abnormal postures and seating positions can also affect hips, legs and the feet/ankle, causing issues at work or play.

This physical therapist-dental hygienist duo will provide important knowledge on common injuries and disorders that the dental professional may encounter and more importantly, provide prevention strategies to keep you healthy. AGD Code: 149

## Objectives:

- Recall full body anatomical overview and explain the kinetic chain
- Identify dental instruments, equipment and technology that may improve efficiency, enhance patient outcomes and assist with musculoskeletal health
- Review contributing factors of Musculoskeletal Disorders (MSD)
- Discuss how posture affects the entire body
- Learn exercises and stretches designed for the dental professional

Hands-on  
and  
Interactive  
CE



Lancette VanGuilder graduated from the University of South Dakota in 1995 and has spent the last 27 years actively involved in dental hygiene leadership, education, and advocacy on the local, state, and national levels.

Lancette resides in Reno, Nevada, and is a past president of the Nevada Dental Hygienists Association, is a past recipient of the Nevada Dental Hygienist of the Year and received the Innovative Career Vision Award for her work in all 7 professional roles of the dental hygienist. She served for 4 years on the board of directors for the American Dental Hygienists Association and has been honored at the national level by receiving the ADHA Irene Newman Professional Achievement award, recognizing her for her contributions to advancing the art and science of the dental hygiene profession over the last 15 years. In 2022, Lancette received the ADHA Award for Excellence, which has only been given to a few select dental hygienists over the last 100 years.

Lancette is an internationally recognized continuing education speaker and serves as a key opinion leader in the dental industry. In December of 2021, she was named one of the Six Dental Hygienists you need to know by the national publication, Dimensions of Dental Hygiene. In March of 2022, she received an international Denobi award for her efforts in dental hygiene practice, education, speaking, and public health outreach. She has been featured on podcasts as a dental trailblazer for innovative access to care solutions such as mobile and Teledentistry and the administration of vaccines by dental hygienists. She works as a proud vaccinator, a clinician in private practice she owns and operates an independent mobile dentistry business, has an AGD PACE Approved national CE company (Hygienist for Health), and volunteers as a registered lobbyist for nonprofit work. She also serves as the clinical director for Sierra Sleep, Airway and Wellness Center-a new healthcare facility focused on medical-dental integration and airway management/sleep apnea.

Lancette is passionate about ensuring that all communities have access to dental care, the power of prevention and the utilization of the dental hygienist. Lancette is the Vice-President of the American Dental Hygienists Association.

Long bio




Hygienist for Health

# LET'S CHAT!

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[www.hygienistforhealth.com](http://www.hygienistforhealth.com)

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**CV AVAILABLE UPON REQUEST**