

Lancette VanGuilder

BS, RDH, PHEDH, CEAS, FADHA

For nearly three decades, Lancette VanGuilder has been shaping the future of dental hygiene—leading, educating, and advocating on local, national, and international stages. A proud graduate of the University of South Dakota, Lancette calls Reno, Nevada, home, but her impact knows no borders.

From past president of the Nevada Dental Hygienists' Association to serving on the American Dental Hygienists' Association (ADHA) Board of Directors, Lancette's leadership has left a lasting mark. Her dedication has earned her prestigious accolades, including the ADHA Professional Achievement Award, the ADHA Award for Excellence (an honor bestowed upon only a select few in a century), Nevada Dental Hygienist of the Year and the internationally recognized Denobi "All Star" Award for being a trailblazer in all 7 professional roles of the dental hygienist. She has also been named one of *Dimensions of Dental Hygiene*'s "Six Dental Hygienists You Need to Know."

A dynamic educator and sought-after speaker, Lancette is a recognized key opinion leader and mentor in the dental industry. Whether on stage, writing articles or in podcasts, she champions cutting-edge approaches to care—pioneering mobile and Teledentistry solutions, advocating for vaccine administration by dental hygienists, and leading conversations on innovative medical-dental integration. She is a proud airway ambassador and podcast host for Beyond Breathing, an international platform that highlights the importance of sleep, breathing and oral health for optimal health and longevity.

Beyond the podium, Lancette is a hands-on clinician. She owns an independent mobile dental hygiene practice, is the clinical director of Sierra Sleep, Airway & Wellness Center, and founded *Hygienist for Health*, an AGD PACE approved national CE company. Her passion for prevention and equitable access to dental care extends into policy, where she volunteers as a registered lobbyist for nonprofit initiatives.

As the 2025-2026 President of the ADHA, Lancette will continue to push boundaries, inspire professionals, and drive the global conversations on interprofessional practice.



short bio

Flagship
Keynote
Course
Clinical and Motivational
CE



Dental Hygienists Are Essential Primary Care Providers

Making Waves: Mindset & Momentum

Lancette VanGuilder, BS, RDH, PHEDH, CEAS, FADHA

Dental Hygienists are Essential Primary Care Providers

This flagship course blends clinical excellence and professional development together to help dental hygienists be informed and be impactful. It can be tailored to meet your needs from 1-3 hours.

Course Description

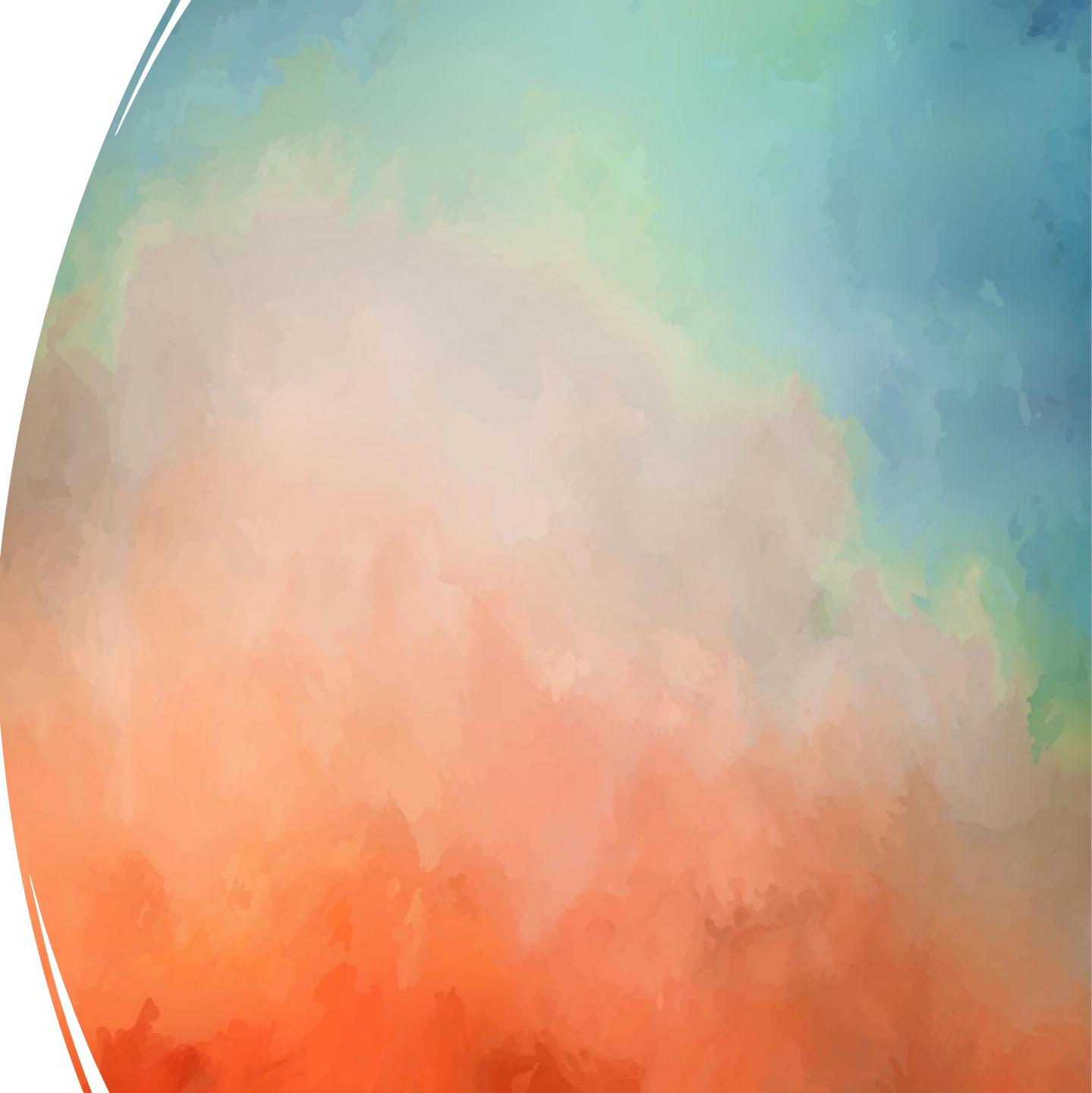
- Dental hygiene is no longer confined to scaling and polishing—it is an integral part of whole-body health care. As our profession evolves, it is vital for every hygienist to stay informed about the latest trends, legislation, scope-of-practice changes, and clinical innovations shaping our future. This course empowers hygienists to understand the current state of the profession, recognize their role as health care providers, and take actionable steps to elevate patient care. Participants will explore how professional autonomy directly impacts clinical decision-making, patient outcomes, and community health. By bridging knowledge of professional issues with hands-on clinical practice, hygienists will leave equipped to advocate for their profession, integrate new science into care, and confidently embody their role as essential health care providers.

Learning Objectives

- **Describe** the current professional landscape of dental hygiene, including scope of practice, autonomy, and legislative trends.
- **Recognize** how professional awareness and advocacy directly influence clinical care and patient outcomes.
- **Integrate** new research, technologies, and interprofessional collaborations into daily practice to advance patient health.

Airway Courses

1. Are you Air Aware? Implementing airway assessments into every medical and dental appointment
2. Screening Kids for Sleep Apnea
3. Nitric Oxide- The Miracle Molecule
4. Using intraoral cameras to screen for airway health
5. TMJ, Bruxism and Sleep





Are You Air Aware?

Incorporating airway assessments into routine medical and dental appointments

Optimal health depends on functional, efficient breathing. As frontline providers, all healthcare practitioners are positioned to recognize signs of disordered breathing and sleep apnea to support collaborative airway care.

Disordered breathing is common, often underdiagnosed, and can significantly impact both physical and mental health. Many of its warning signs—especially in children—are visible in the head, neck, and oral structures, making medical and dental settings an ideal place for early identification.

This introductory course will equip participants with foundational knowledge to recognize key red flags and contributing factors of disordered breathing in both children and adults. Attendees will leave with practical strategies and increased confidence to begin incorporating basic airway screening into routine wellness visits.

Course Objectives

1. Define disordered breathing
2. Discover the link between disordered breathing and overall health
3. Identify various contributing factors for poor airway health
4. Implement airway screenings into routine appointments

A close-up photograph of a young child's face, focusing on the eyes, nose, and mouth. The child is smiling, showing their teeth. The background is blurred.

Dental Detectives: Screening Kids for Sleep Apnea

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

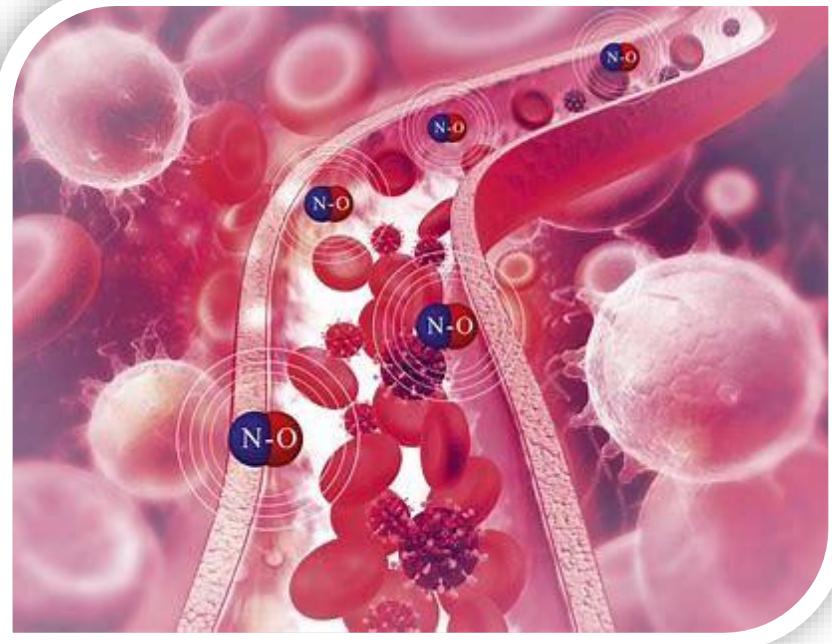
Pediatric Obstructive Sleep Apnea (OSA) is a prevalent and potentially life-threatening condition that can impact a child's mental and physical health. Many signs and symptoms of disordered breathing can be identified in the head and neck region, including the oral cavity. By the end of this course, 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.

- Understand the prevalence of pediatric sleep and breathing disorders
- Identify common signs, symptoms and risk factors of Pediatric OSA
- Implement pediatric airway assessments
- Develop treatment and referral strategies
- Review case studies

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 Testing

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/extroral photos that the dental team can use for patient education and screening for airway health and sleep disordered breathing.

Just Breathe

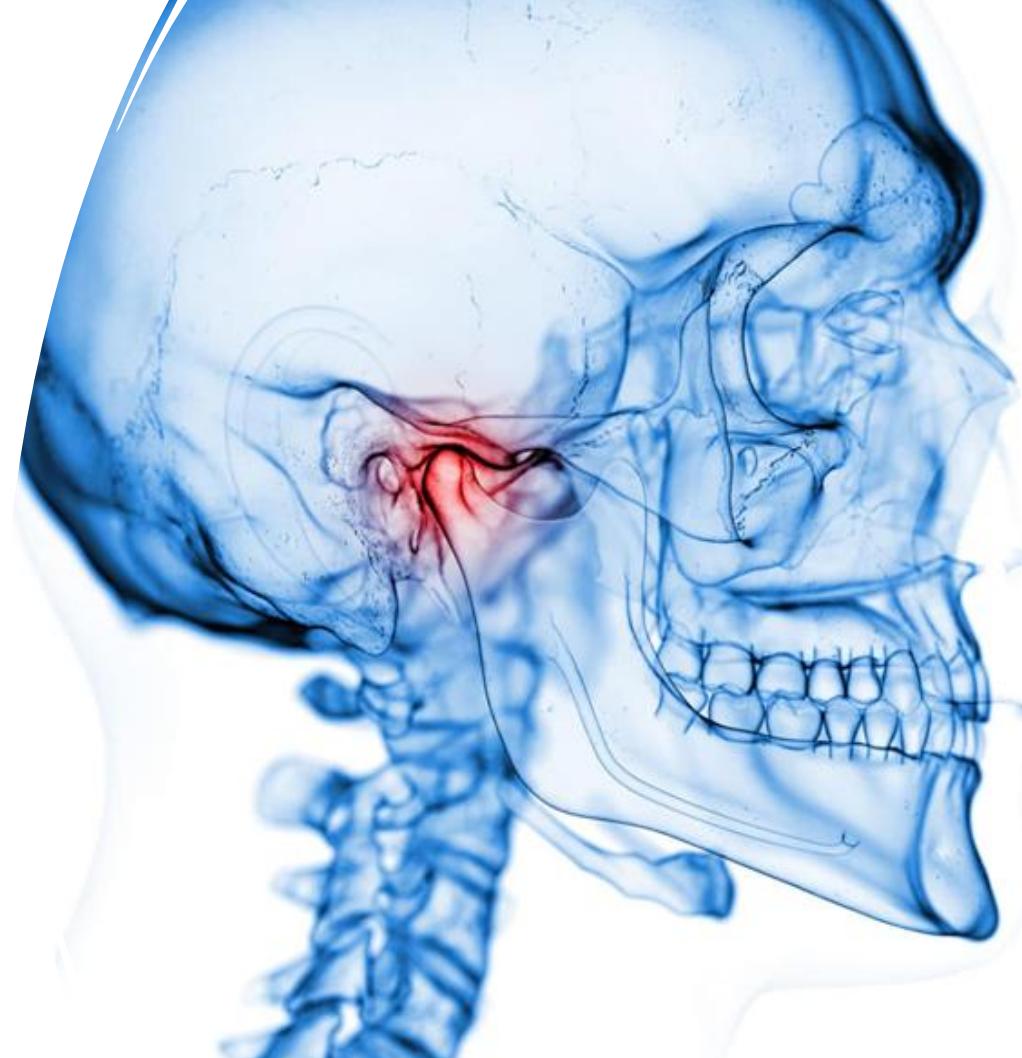


Using intraoral cameras to educate, identify and raise awareness about airway health.

Presented by: Lancette VanGuilder

Bruxism, TMJ and Sleep Apnea

- ✓ 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.

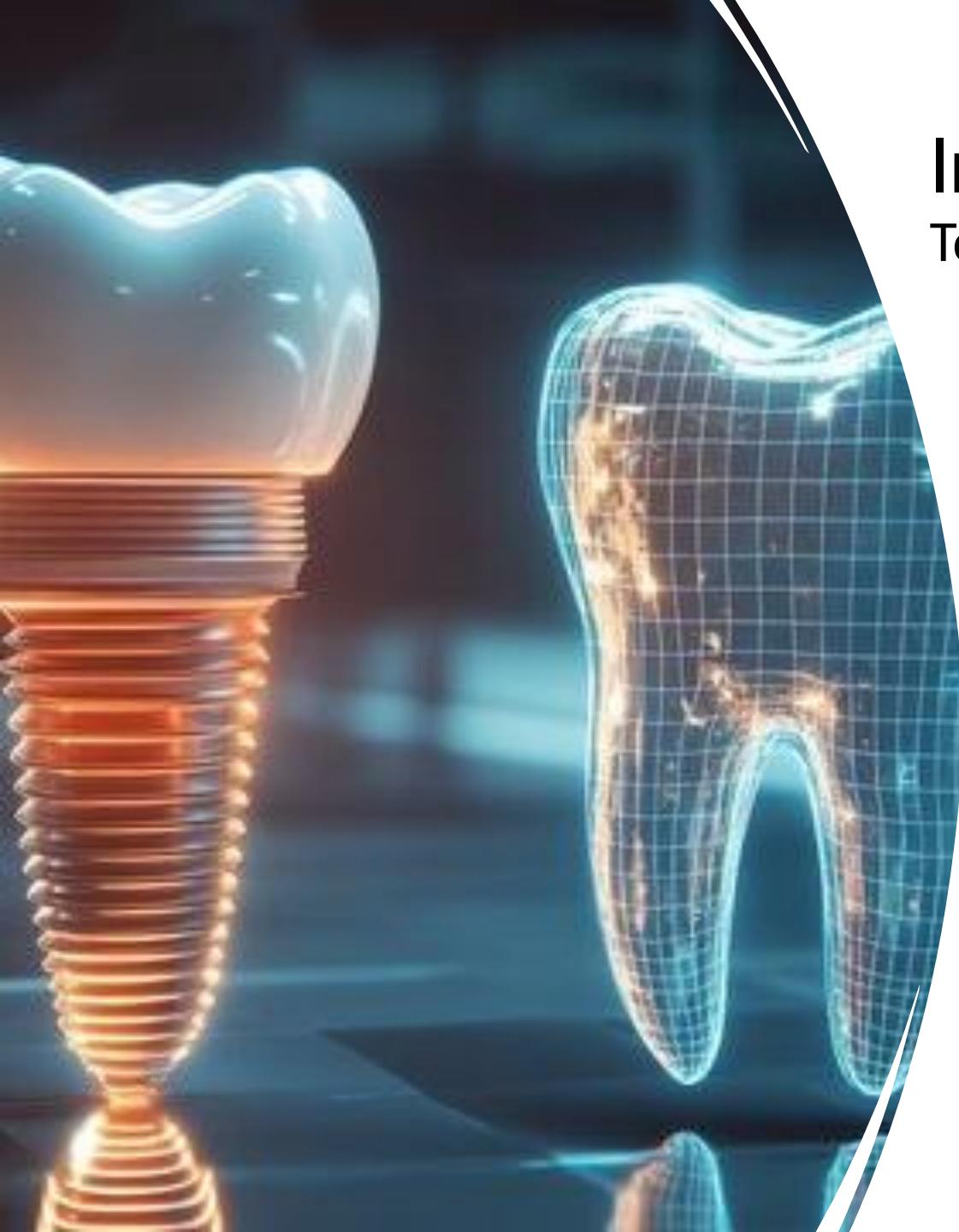
We will explore the connection between the conditions and the interdisciplinary strategies to improve patient outcomes and quality of life.

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.

Trending Courses

- Implant maintenance
- Local Anesthesia
- Vaping
- Natural products
- Minimally Invasive Care
- HPV
- Childhood perio
- The opioid crisis





Implant Intelligence: Tools, Tech & Teamwork for Healthier Smiles

Dental implants are now a mainstream solution for tooth replacement—but are your (or your patients) care strategies keeping up? This engaging, evidence-based course explores the latest trends in implant maintenance, from new instruments and polishing protocols to emerging home care recommendations that actually work. Learn how to prevent peri-implant disease through proper patient education, risk assessment, and customized care plans. Discover how new products and technology like guided biofilm therapy, salivary testing, probiotics, AI and novel oral hygiene tools are reshaping implant longevity and outcomes.

Course Objectives:

- Assess and classify peri-implant conditions using clinical and radiographic criteria based on the 2017 AAP guidelines.
- Identify best practices for professional and at-home biofilm removal and implant maintenance.
- Integrate new tools, technologies, and techniques to prevent peri-implant mucositis and peri-implantitis.



What the JUUL?

Vaping, e-cigarettes and new harmful trends

These devices are stylish, user-friendly, and extremely popular among teenagers, young adults, and individuals looking to transition away from conventional cigarettes. However, what implications do they have on oral health? Let's delve into the prevailing vape culture, examine potential health issues, and discuss the vital role healthcare providers play in addressing these concerns.

Course Objectives:

- Explore vaping trends, liquids and devices
- Identify potential health risks associated with vaping
- Manage conversations around vaping and oral health
- BONUS MATERIAL: Emerging science on marijuana



Au Naturale: *Oral Health and Homeopathic Trends*

The popularity of holistic, natural, and alternative medicine is increasing, with a growing number of individuals opting for natural approaches to enhance their well-being, boost health, and reduce reliance on potentially harmful chemicals and invasive treatments.

Dental professionals can play a crucial role in directing patients towards achieving optimal oral and overall health. This course aims to offer insights into natural healing methods, along with an examination of current trends in oral health and more natural practices. Join me for an exploration of topics including essential oils, acupuncture, teething jewelry, charcoal, hydroxyapatite and much more!

Course Objectives:

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

Defying Decay: A Dynamic Approach to Dental Wellness

This comprehensive program explores the multifaceted aspects of dental wellness, from understanding the root causes of decay to implementing cutting-edge prevention-based techniques. Participants will delve into the latest research, practical applications, and behavioral approaches to enhance patient outcomes.

Attendees will learn how to differentiate between cavitated and non-cavitated lesions, review dental sealant best practices and explore new advances in dental materials with hydroxyapatite, fluoride, non-fluoridated products, SDF, povidone iodine and peptide therapy. By the end of this course, participants will be equipped with the tools and insights necessary to defy decay, elevate their dental practice, and champion lasting dental wellness in their communities.

Course Objectives:

- Examine the principles and applications of minimally invasive dentistry.
- Gain comprehensive insight into fluoride and non-fluoride strategies for caries prevention and management.
- Integrate innovative preventive and therapeutic services into clinical practice.



AI: Artificial Intelligence in healthcare

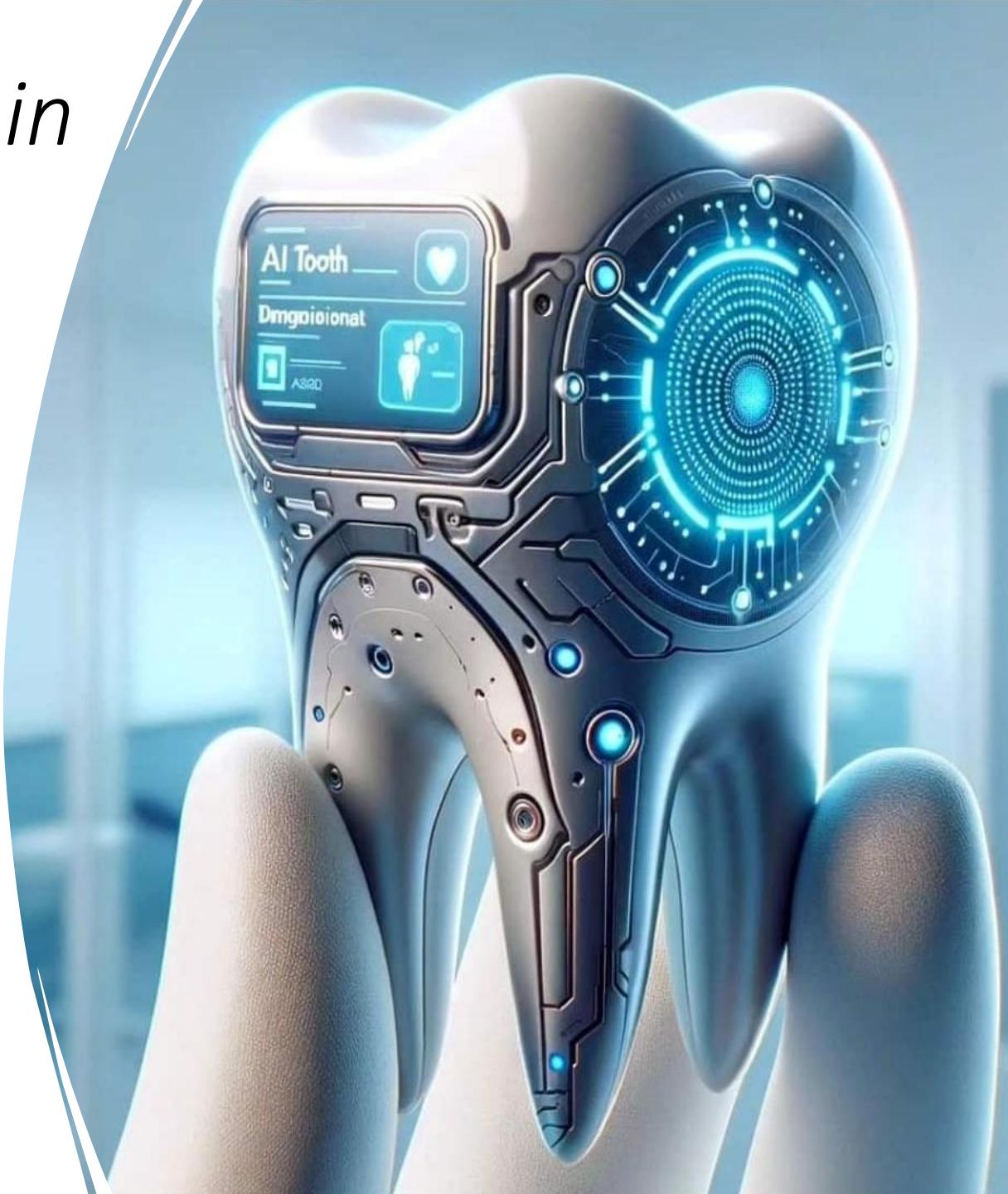
Will technologic advances lead to better health outcomes?

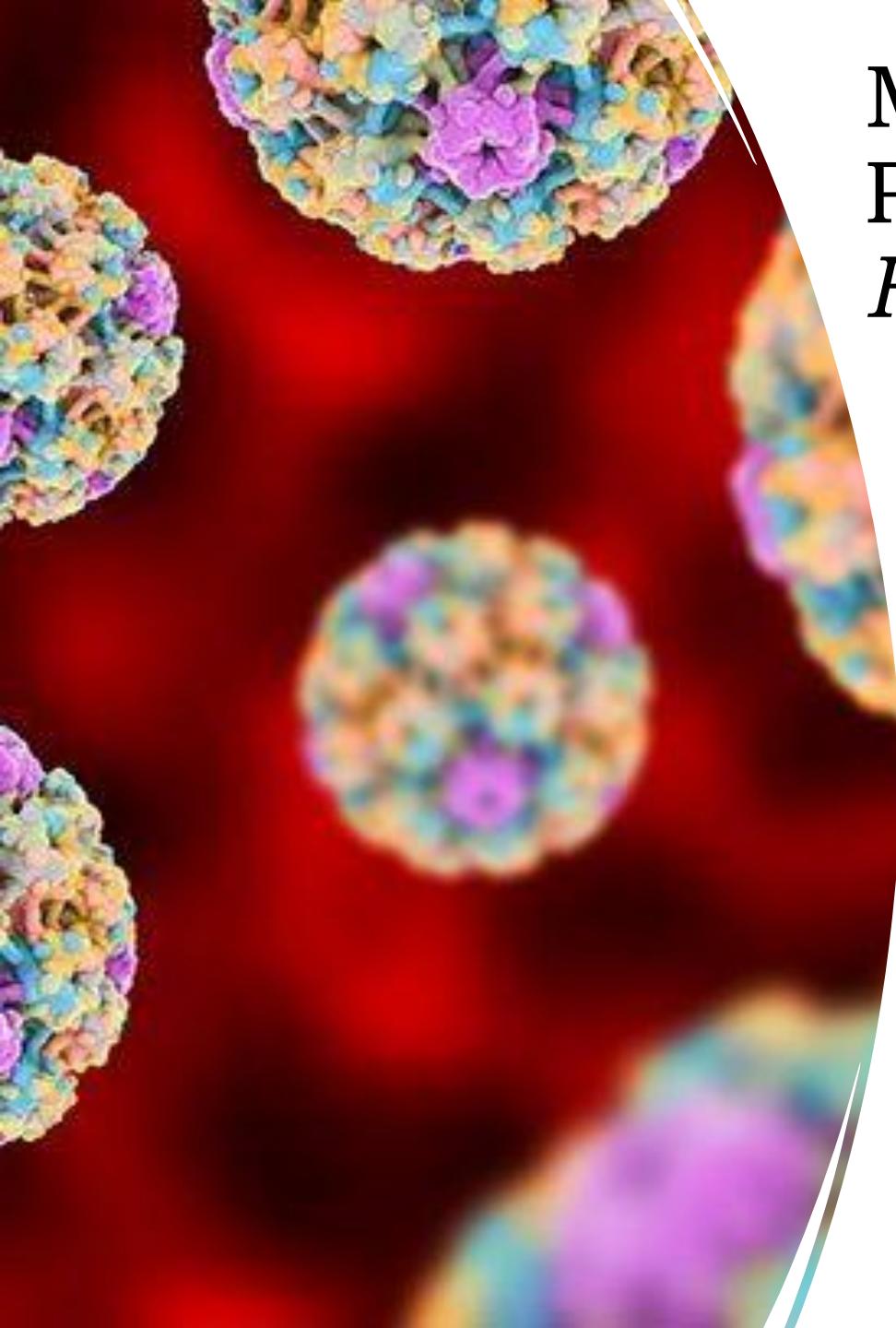
The future is here! AI may recognize us, even when we don't recognize it. Artificial Intelligence has the potential to help the practitioner, the patient, the business model and the corporate world. It may assist in staying ahead of changes, anticipating patient/consumer desires and assist with more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

AGD Code: 550

Course Objectives

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





Make the Shift: Oral Cancer Prevention

HPV and the Oral Health Setting

Prevention, education, and early detection are vital in addressing any form of cancer, including oral cancer. Sadly, one American loses their life to oral cancer every hour, every day. This course aims to dispel myths surrounding oral cancer and provide factual information, with the goal of educating the entire dental and medical team on their pivotal role in oral cancer education, prevention, and screening efforts. 2 CE AGD Code: 730

Course Objectives:

1. Learn the signs, symptoms and risk factors for head and neck cancers
2. Explain the link between HPV and oropharyngeal cancers
3. Address HPV vaccination as an oral cancer prevention tool
4. Promote professional comprehensive visual and tactile examinations
5. Introduce at-home self-assessment screenings

PERIODONTAL DISEASE DOES NOT DISCRIMINATE BASED ON AGE

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

Course Objectives:

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



Numerous sources emphasize that most individuals will encounter periodontal disease at some stage in their lives, with the risk increasing notably as they age. However, when does periodontal disease actually begin? Are we taking adequate measures to prevent it, and perhaps more crucially, are we vigilant in detecting it during its initial phases?

2 CE AGD

Code: 490

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



Hygienist for Health

Course
Audience:
Dentists and
Dental Hygienists
2 CE



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

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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 dental providers play in providing a collaborative approach to patient centered and comprehensive care amidst the opioid crisis. AGD code 340



Course Objectives:

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

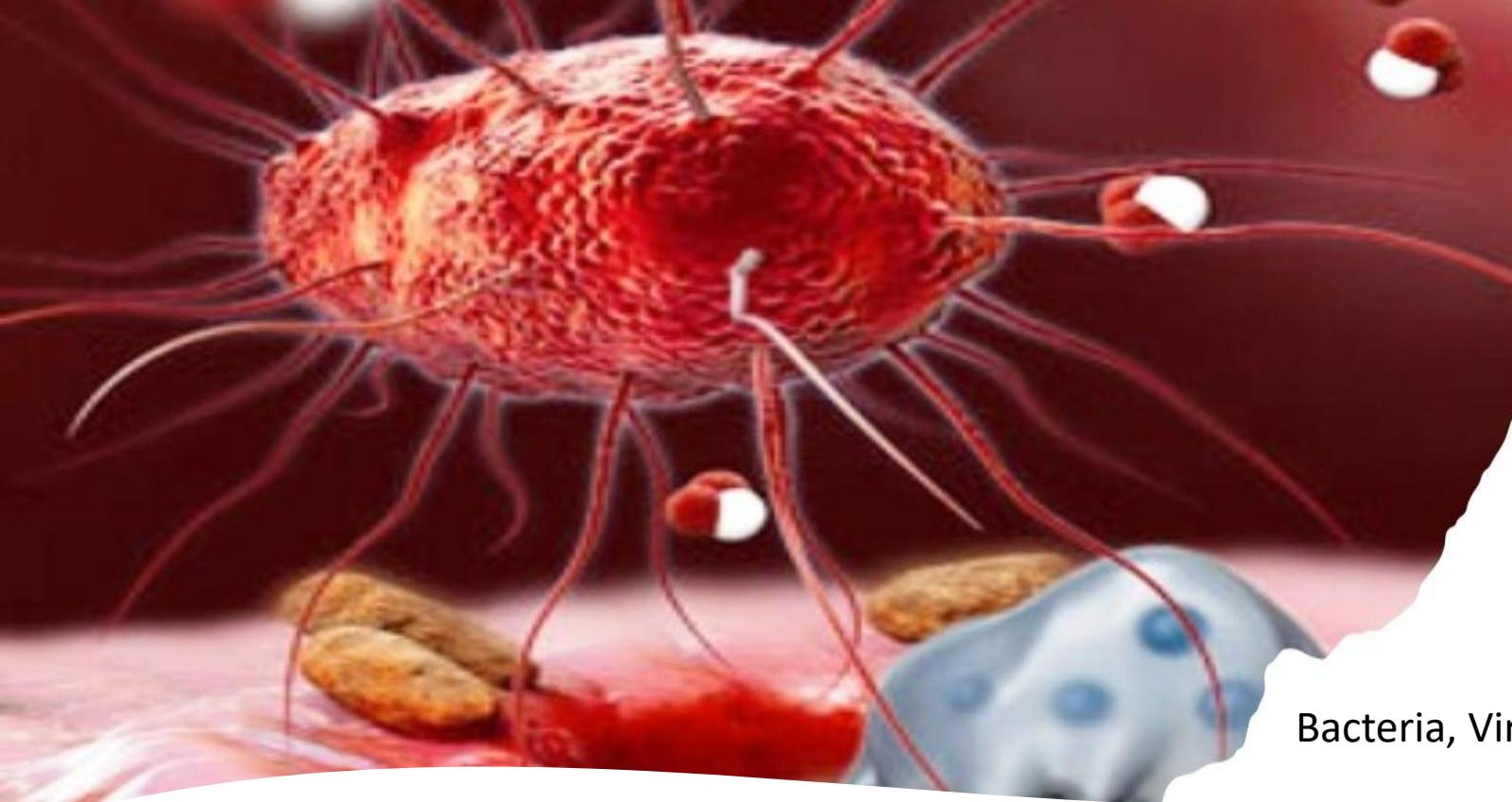
The fine line between pleasure and pain

Opioids and Pain Management

Oral-Systemic Courses

1. Pathogen Pathways
2. Eye –mouth connection
3. Viruses and oral disease
4. Oral health and weight





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

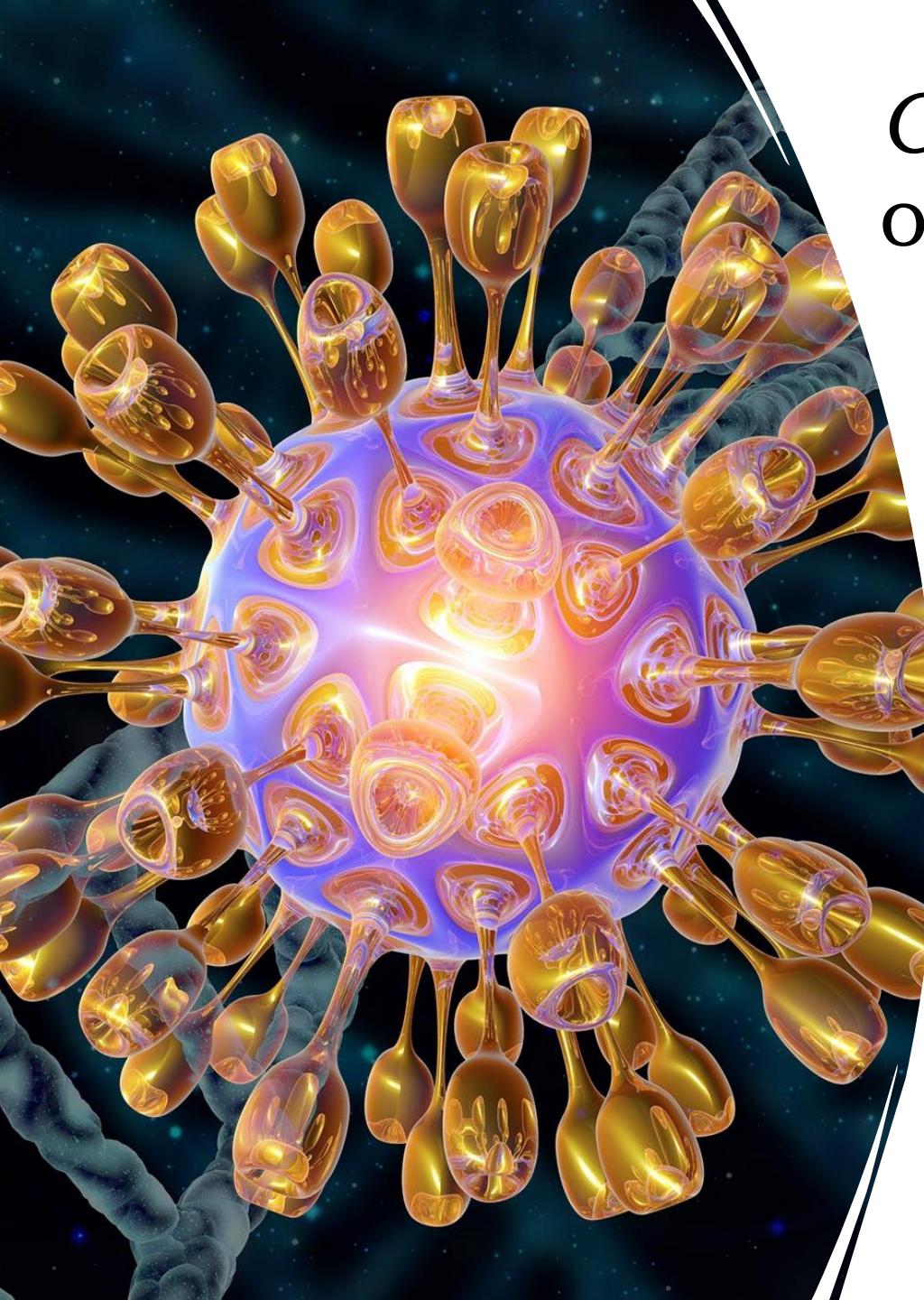
Several connections have been discovered between the eye and oral cavity. Join me as we discuss oral pathogens, chronic inflammation, mouth and eye diseases and discover how the oral cavity and the eyes may hold clues to overall health and wellness.

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





Going Viral: the role of viruses in oral disease.

Ongoing research sheds light on the intricate connection between oral health and overall well-being. While bacteria have traditionally been the primary focus in oral diseases, this course delves into the potential role of viruses in conditions such as periodontal disease, oral cancer, and tooth decay.

Course Objectives:

1. Review virology
2. Discover cross-kingdom interactions between bacteria, viruses and fungi
3. Explore the association between viruses and poor oral health
4. Identify the oral manifestations of viral infections, including COVID-19

DO THESE GUMS MAKE ME LOOK FAT?



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

The link between weight and periodontal disease.

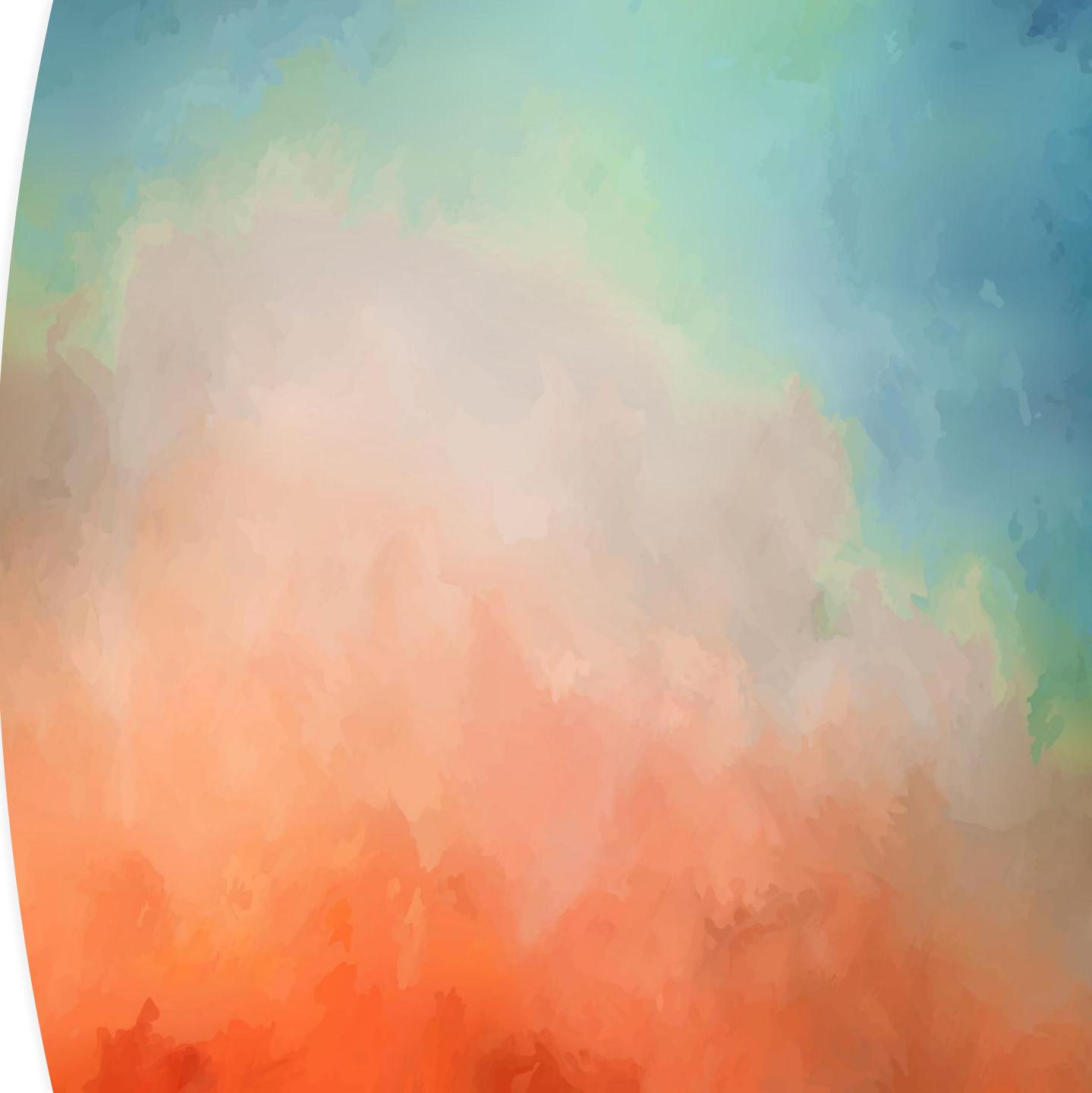
Research first appeared in the 1950's proving that oral bacteria enters the bloodstream. Today, research continues to emerge on the mouth-body connection and the critical role oral health plays in overall health and wellness. This course provides an in depth look at the many contributing factors to inflammation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

Bonus Material: Obesity and COVID-19



Additional Courses

- Oral Pathology Refresh
- Dental practitioners giving vaccines
- Local anesthesia
- Salivary Screening
- Dental Therapy
- COVID and Oral Health
- Teledentistry
- Hygiene handpieces
- Dental Sealants
- Marijuana
- Kratom, nicotine pouches and more!





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

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.

ARMED AND READY FOR THE FUTURE: DENTAL HYGIENISTS GIVING VACCINATIONS



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 the promotion and administration of vaccines by dentists and dental hygienists



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



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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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.

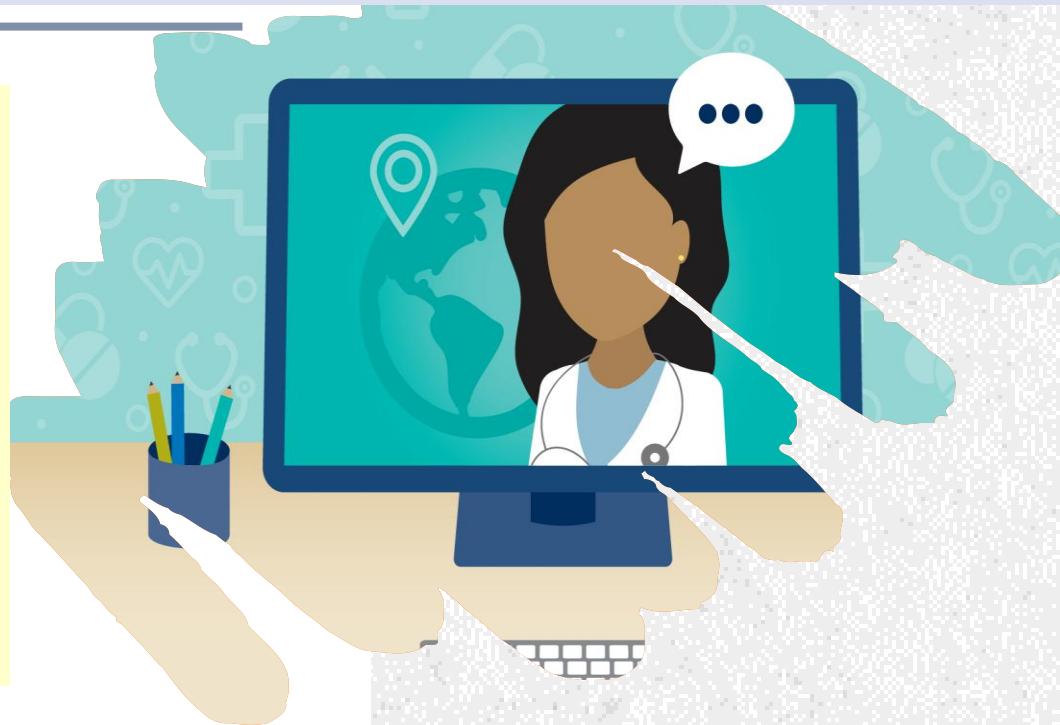
Course Objectives:

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

THE NEW NORMAL: TELEHEALTH AND TELEDENTISTRY

Course Objectives:

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



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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

HYGIENE HANDPIECE SAFETY

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

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



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



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

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

Keynote Speaker Series

1. Thrive!
2. Ho'ohana: Passion filled and Purpose Driven
3. Dental Hygienists: Essential Primary Care Providers



Thriving as a Healthcare Provider: Strategies for Success



"Thriving as a Healthcare Provider: Strategies for Success"

Don't just survive...thrive!

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 best practices, new products and techniques
- 3) Discuss NextGen healthcare

*all attendees receive a small gift

An engaging course designed to equip healthcare providers with essential tools and strategies for thriving in their profession. From navigating challenges to maximizing personal well-being, this course covers a range of topics including effective communication, stress management techniques, fostering resilience, and maintaining work-life balance. Learn practical tips and insights to enhance your professional satisfaction, optimize patient care, and cultivate a fulfilling career in healthcare.

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



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Ergonomics , Mental Health and More!

- Innovative Options to Improve Occupational Health
- The Jaw Bone is Connected to the Ankle Bone (co-speaker is a Physical Therapist)
- Effective Strategies for Neck Pain (co-speaker is a Physical Therapist)
- Mindfulness for Health, Burnout and Resilience



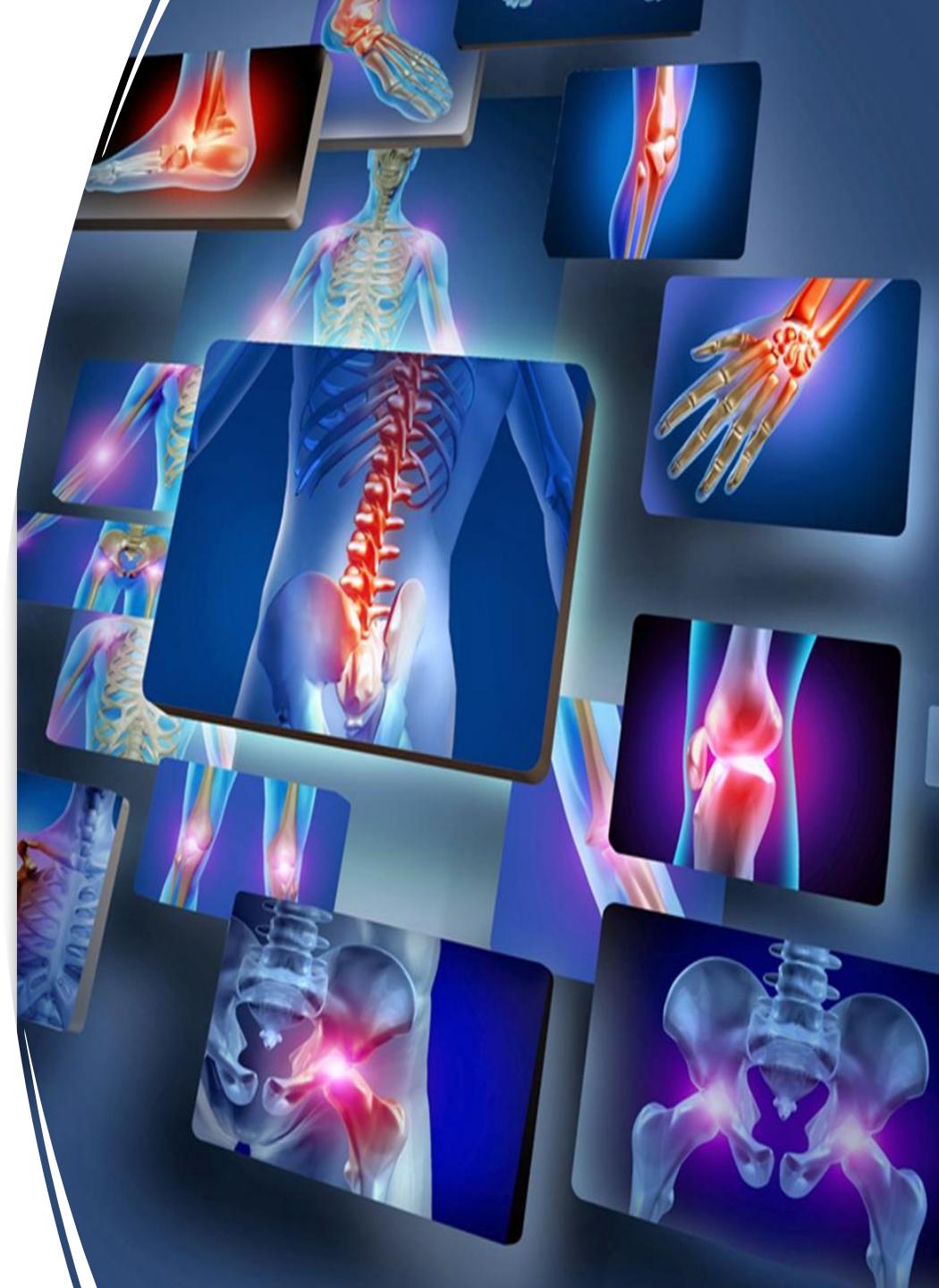
Innovative Options to Improve Occupational Health

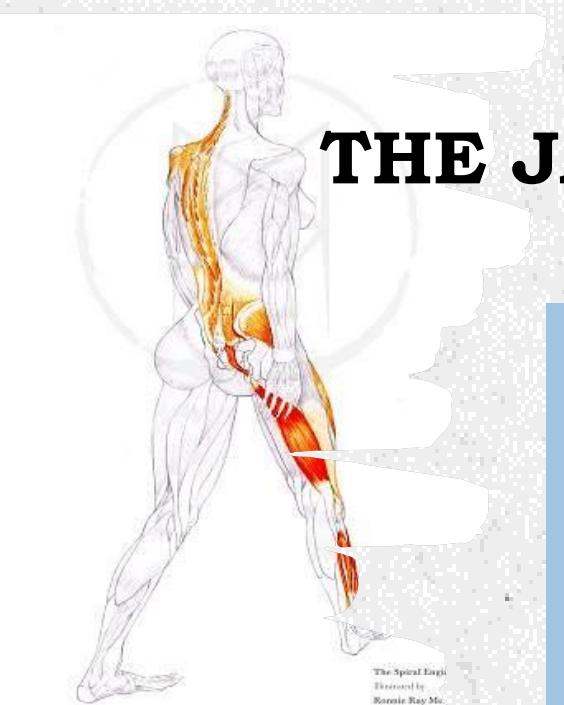
Dental professionals continue to be at the highest risk for musculoskeletal disorders (MSD) due to maintaining awkward prolonged positions, repetitive motions and placing undue stress on their bodies. Frequently, the common areas discussed are related to the upper body but can undue stresses can also 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

Course Objectives:

- Understand the anatomical kinetic chain
- Identify contributing factors of Musculoskeletal Disorders (MSD)
- Implement dental equipment that may improve efficiency, enhance patient outcomes and promote musculoskeletal health





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.

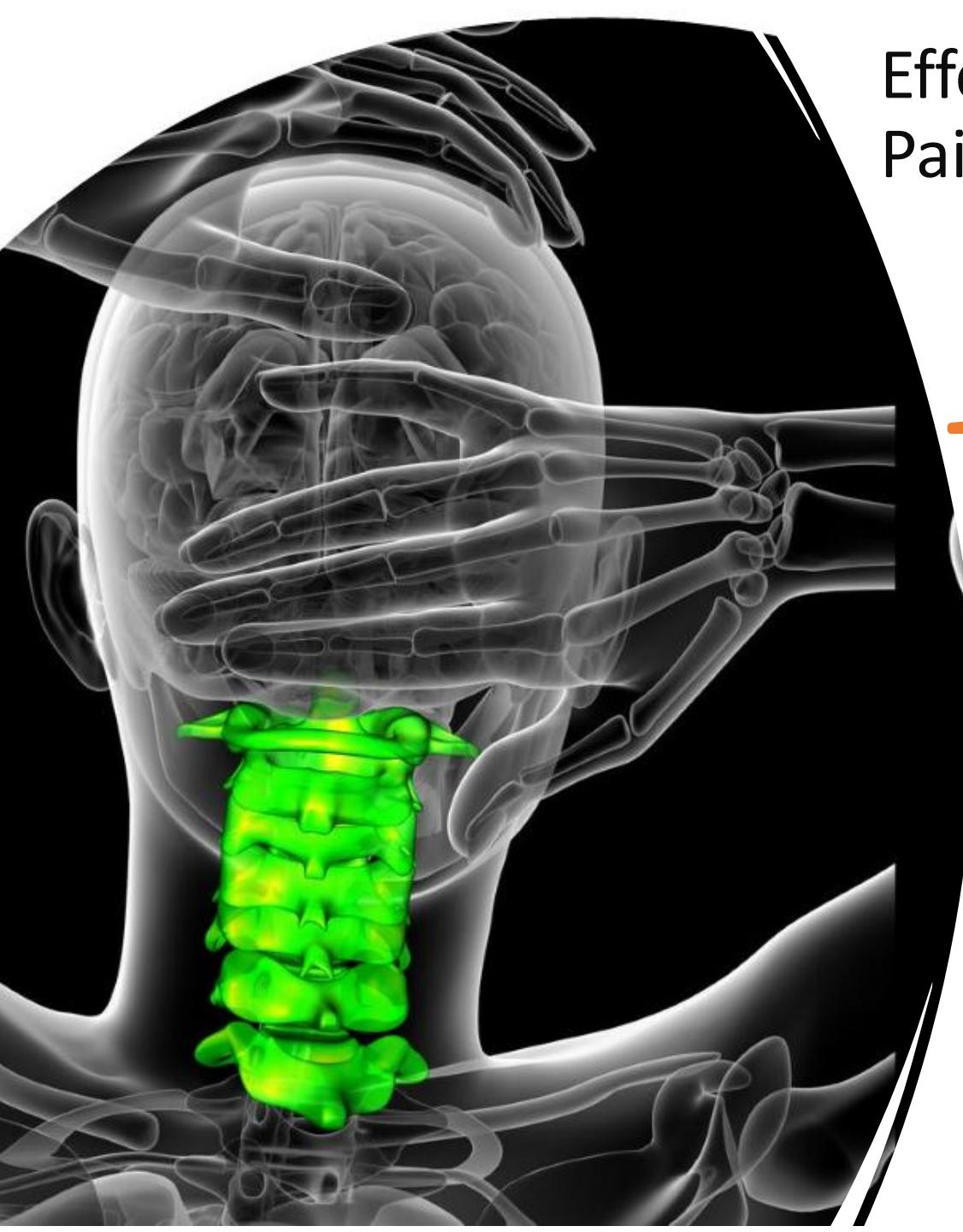
This physical therapist-dental hygienist duo will provide important knowledge on common injuries and disorders that the dental professional may encounter and more importantly, provide prevention strategies to keep you healthy. AGD Code: 149

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





Effective Strategies for Addressing Neck Pain: Intervention and Management

Optimizing patient care and enhancing the provider experience

Ward VanGuilder, MAPT, CIMT and Lancette VanGuilder, 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 at work and play.

Course Objectives:

- Recall head and neck anatomy
- Prevent and/or reduce neck pain
- Promote healthy posture
- Restore functional movement





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.

Mindfulness for Health

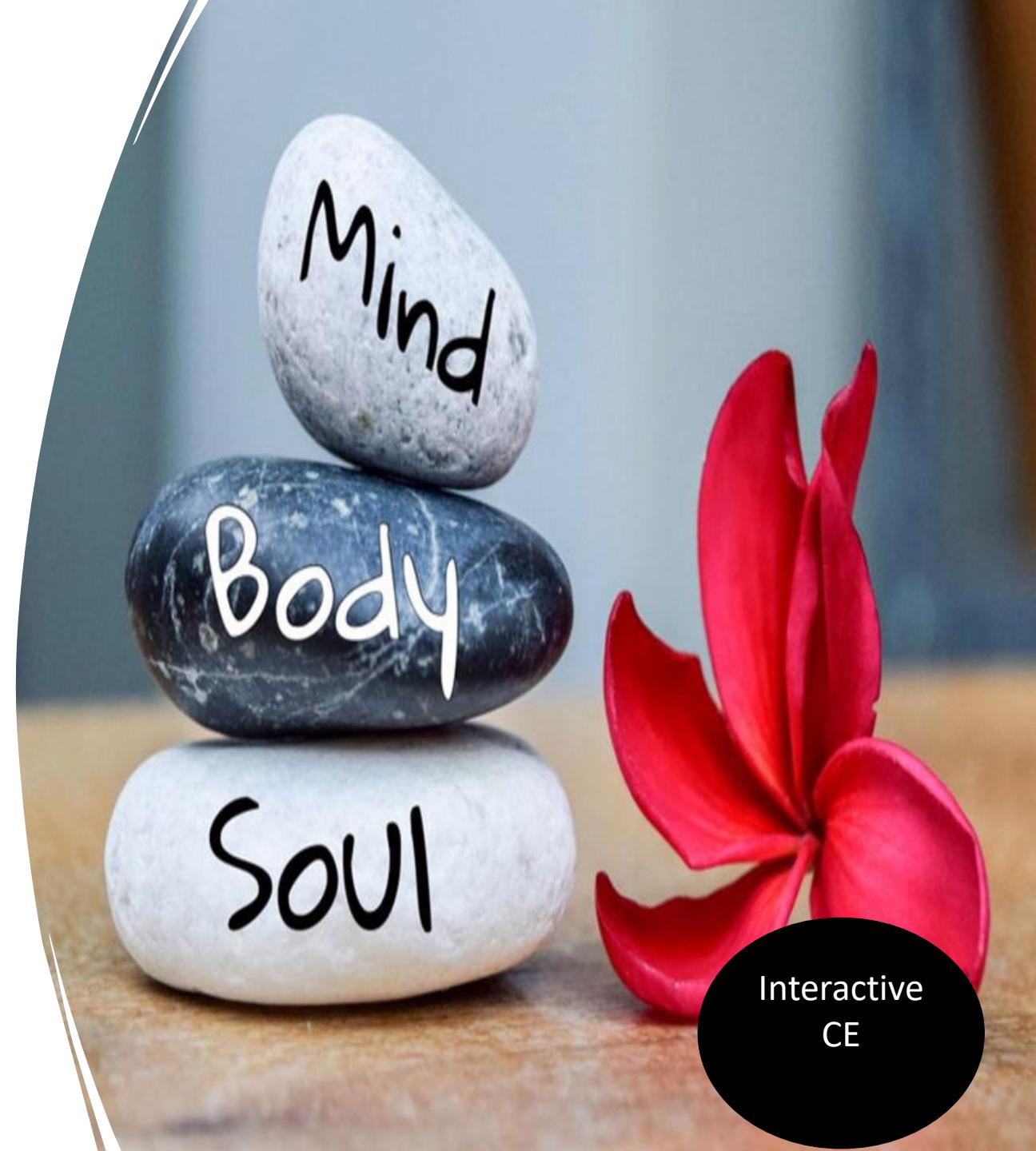
Improving patient outcomes and enhancing the provider experience

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



Previous speaking engagements

Full CV and list of speaking engagements available upon request

- Greater New York Dental Meeting
- Rocky Mountain Dental Conference
- Florida Dental Association
- Western Regional Dental Experience
- University of Pacific School of Dentistry
- Michigan Dental Seminars
- Ohio Dental Association
- International Federation of Dental Hygienists, South Korea
- Midwest Dental Meeting
- Yankee Dental Meeting
- Old Dominion University
- Central Florida District Dental Society
- California Indian Health Services
- National Mobile and Teledentistry Conference
- Colorado Dental Hygienists Association
- Georgia Dental Hygienists Association
- Dental Study Club Meetings across the US and Canada
- Florida Dental Educators Meeting
- International Symposium on Dental Hygiene- Dublin, Ireland
- American Dental Hygienists Association
- SmileBrands
- Oregon Dental Hygienists Association
- Montana Dental Hygienists Association
- Todays RDH
- RDH Under One Roof
- California Dental Hygienists Association
- Hawaii Dental Hygienists Association
- Washington Dental Hygienists Association
- Nevada Dental Hygienists Association
- South Carolina Dental Hygienists Association

2024-2025 Speaking Engagements

- Greater St. Louis Dental Society 2024
- San Diego Dental Hygienists Association 2024
- Huntsman Cancer Institute 2024
- Inland Northwest Dental Conference, Washington State 2024
- Indian Health Services, Sacramento 2024
- International Symposium on Dental Hygiene, South Korea-July 2024
- California Dental Hygienists Association, Anaheim 2024
- American Dental Hygienists Association 2024
- Nevada Dental Hygienists Association, Las Vegas 2024
- Colorado Dental Hygienists Association 2024
- Greater New York Dental Meeting 2024
- Mississippi Dental Hygienists Association 2025
- Ohio Dental Hygienists Association 2025
- Muffins and Mimosa Study Club – Texas 2025
- Alabama Dental Association- 2025

full list of upcoming speaking engagements for 2024-2025 available upon request

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Potential Full or Partial Sponsorship

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Hygienist for Health

Full Bio

Lancette VanGuilder graduated from the University of South Dakota in 1995 and has dedicated the past 27 years to actively contributing to dental hygiene leadership, education, and advocacy at local, state, and national levels.

Residing in Reno, Nevada, Lancette has held positions of leadership, including past president of the Nevada Dental Hygienists Association. She has been honored with the Nevada Dental Hygienist of the Year award and received recognition for her work across all seven professional roles of the dental hygienist, earning the Innovative Career Vision Award.

Lancette's commitment to the profession extends beyond state boundaries. She served on the board of directors for the American Dental Hygienists Association for four years and has been recognized nationally with prestigious awards. Notably, she received the ADHA Irene Newman Professional Achievement award and the ADHA Award for Excellence, a distinction bestowed upon a select few dental hygienists in the past century.

Internationally, Lancette is renowned as a continuing education speaker and a key opinion leader in the dental industry. Her contributions have been acknowledged by publications such as Dimensions of Dental Hygiene, which named her one of the Six Dental Hygienists You Need to Know. Furthermore, Lancette was honored with an international Denobi award for her contributions to dental hygiene practice, education, speaking engagements, and public health outreach.

Lancette's innovative approach to dental care has been highlighted on podcasts, where she has been recognized as a dental trailblazer for advocating innovative access to care solutions like mobile and Teledentistry services and the administration of vaccines by dental hygienists.

In addition to her clinical work as a proud vaccinator and a private practice clinician, Lancette owns and operates an independent mobile dentistry business. She is also the founder of an AGD PACE Approved national CE company called Hygienist for Health and volunteers as a registered lobbyist for nonprofit initiatives.

Currently, Lancette serves as the clinical director for Sierra Sleep, Airway and Wellness Center, a healthcare facility focused on medical-dental integration and airway management/sleep apnea.

Passionate about equitable access to dental care and the role of prevention, Lancette holds the position of Vice-President of the American Dental Hygienists Association.



Hygienist for Health

LET'S CHAT!

www.hygienistforhealth.com

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CV AVAILABLE UPON REQUEST