

March 2011

### Upcoming Events

- Dental Assisting Week  
March 6<sup>th</sup> to 12<sup>th</sup>
- Continuing Education  
Conflict Resolution
- CDAA Salary Survey

Click here to visit our  
website

<http://www.mdaa.ca>

### What's Inside

MDAA News	2
MDAA Con-Ed	2
MDA News	4
CDA News	4
Con-Ed Registration	7

### **Mission**

"To advance the careers of dental assistants in Manitoba and to promote the dental assisting profession in matters of education and professional activities which enhance the delivery of quality dental healthcare to the *public.*"

**We are working towards a paper-free office and have sent this newsletter electronically to everyone who has given us their email. If you received a paper copy of this newsletter it means that we either don't have your email address or don't have your correct email. Please contact Kathy at the office at 586-7383 with your information.**

**LET'S SAVE TREES!**



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## **Our new 2011 MDAA Board of Directors**

**Joanne Gilbert** – Returning President

**Heather Brownlee** – Returning Vice President

**Janet Neduzak** – Returning Director & Manitoba Rep  
to the CDAA

**Michaela Kissova** – Returning Director & Continuing  
Education Coordinator

**Marianne Wagner** – New Director

**Artiom Margolin** – New Director

**Sina Allegro-Sacco** – New Director & MDAA co-chair  
to MDA Convention Committee

**Angelina Di Santo** – New Director

**Athena Lacroix** – MDAA representative to the MDA  
Board of Directors

Please visit our website to find out more about your  
Board of Directors



## ANOTHER YEAR BEGINS

We've just caught our breath after putting on our Annual General Meeting and assisting with the MDA Dental Convention at the end of January. We had 102 RDAs attend our AGM and 52 students. The number is disappointing considering we have a membership of nearly 1200. We try to keep the meeting short but informative so you can see what it is we do for you. Remember; by attending the meeting you can earn credit hours. This year all attendees received two credit hours.

It has been suggested we hold our AGM on the Friday morning of the convention. We couldn't do this the past year as it conflicted with our presenter, however, we would like to hear from you. Please send us an email at [mdaa@mdaa.ca](mailto:mdaa@mdaa.ca) or call us at 204-586-7383 or toll-free at 1-877-475-6322 and let us know if you would attend our AGM if it were to be held on the Friday morning.

## CONTINUING EDUCATION

The MDAA is hosting a Con-Ed Session to be held on Saturday May 14, 2011 at the Viscount Gort Hotel. This session on "How to Deal with Difficult People" presented by Mediation Services (3 credit hours) starting at 10:00 am. Please see the registration form on the last page of this newsletter for more information.

## Did you know...

- ❖ MDA Bylaws pertaining to Registered Dental Assistants that were changed this past January are:
  - a mandatory 2 credit hours of a Infection Control must be completed during your three-year cycle
  - credit hours for on-line continuing education has increased to 18 credit hours over your three-year cycle.
  - CPR must be renewed annually

Note: these changes were effective January 31, 2011.

- ❖ When making changes to your personal information you must contact both the MDAA and the MDA offices separately?
- ❖ All continuing education credit hours are recorded by the MDA so please ensure that you send con-ed confirmation to them!

## OUR PAGE OF THANKS

We would like to take this opportunity to thank two of our past Board members both of whom have stepped down from their positions at our AGM on January 27, 2011.

To Amanda Shewfelt, our past president, we thank you for your dedication and commitment to both the MDAA and the profession of Dental Assisting. We wish you much success as you start your new journey in Alberta.

To Angela Buhr, we thank you for your time and commitment to the MDAA Board. We know we can count on you if we are ever short a volunteer.



It was a pleasure working with  
both of you!



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We would like to thank Edna Johnson for her past involvement on the MDA Convention Committee. Edna worked for many years on this Board and her input and tireless energy has been greatly appreciated.

We would also like to thank Sina Allegro-Sacco for her time and commitment working alongside Edna co-chairing our representative position on the MDA Convention Committee this past year. Sina has already begun meeting with the committee for next years convention and we are looking for someone to co-chair with her. This is a two-year term where your responsibility would be to attend meetings and ensure that MDAA requests are communicated to the MDA. Please contact Kathy at 586-7383 or by email at [mdaa@mdaa.ca](mailto:mdaa@mdaa.ca) if you are interested in this position.

### **A big thank you to the following supporters of our AGM**

**Ambrose Uniforms  
Philips Sonicare  
Germiphene  
Henry Schein  
Dave Gemmell  
Dr. Keith Levin  
Newell Rubbermaid  
Oral B**

## MDA NEWS

We are pleased to welcome Athena Lacroix as our new representative to the MDA Board of Directors. Athena will be attending all their board meetings on our behalf and will report back to us on all items concerning dental assistants. Athena will take over for Kari Kaunhofen who has been our representative for the past two years. Kari, we take this opportunity to thank you for your contribution to the MDAA and pass on our good wishes for your future endeavours.

At the MDA General Meeting held on January 27, 2011, new bylaws were passed relating to dental assistants. All RDAs must have CPR training annually; all RDAs must complete 2 credit hours of Infectious Control during their 3-year cycle; and the amount of on-line training was increased to 18 hours over the 3-year cycle.

## CDAA NEWS

We welcome Janet Neduzak to the role of Manitoba Representative to the CDAA. Janet took over this position from Tammy Sambrook, who stepped down at the CDAA AGM held in Saskatoon last September after representing Manitoba for the past three years. We thank Tammy for her past contributions and pass on our good wishes to her.

Janet has already been quite busy, primarily joining conference calls with the rest of Canada. She just came back from Gatineau, QB, and reported that the CDAA is very busy ensuring that all matters concerning the corporate members are being met.

### **\*\*\*IMPORTANT NEWS\*\*\***

**The CDAA has sent a wage survey to all its members including you! We encourage you to take part in this survey so we can get a true sense of what salaries and benefits are in Manitoba.**

## Preservatives, Parabens & Paste, Oh My!

By Michaela Kissova RDA

Many of us are responsible for the tedious task of the weekly grocery shopping trip, but how many of us have actually looked at the list of ingredients in the many products we purchase? We pick up the product that entices us by its fragrance, colour, packaging and of course the cost. Now, here's something to be alarmed about. Many of our daily products such as shampoos, lotion, body washes, make up, food and even toothpastes contain unnatural chemicals called "Parabens."

What are Parabens you ask? They are chemicals, mainly manufactured synthetically that act as preservatives in our products. They are used to reduce bacterial growth and preserve the products shelf life. This might not sound too bad, but there is a big cause for concern with the use of Parabens that is slowly emerging and showing its true colours. In an article by Phillippa Turnbull, a Univeristy of Cambridge Graduate, she explains that the "U.S. Environment Protection Agency (EPA) reported that the chemical preservative called Paraben displayed oestrogenic activity in several tests." <sup>1</sup> Dr. Elizabeth Smith has written that "It is a known medical fact that oestrogen stimulates breast cancer" and that "anything absorbed through the skin may be as high as 10 times the concentration of an oral dose."<sup>2</sup> These preservatives may extend the shelf life of our products and reduce some bacterial growth, but we must take into consideration that these products cause more harm than good.

When we look at oral cavity products, mainly toothpastes, we see some common ingredients: Fluoride, Abrasives, Detergents, Humectants, Thickeners, Flavouring Agents, Sweeteners, Colouring Agents and of course Preservatives. These preservatives (Parabens) are said to reduce fungal growth in toothpastes, thus giving them a longer and safer shelf life. I'd like to really question this perception, as I think about my own family where a tube of toothpaste usually last about two weeks. Is it really necessary to put Parabens in a product that gets used daily and is usually gone in about a week or so? Is it really a benefit to us to ingest estrogen mimicking compounds in order to make our toothpaste last a few weeks longer? And lastly, is it fair to use these products on children? In my opinion it is not. There are solutions to the "Paraben Dilemma."

Many cosmetic companies have jumped on the "Clean" bandwagon and have eliminated Paraben use in their products, substituting these preservatives for natural ones such as tea tree oil and grapefruit seed oil. This leads me to question, why haven't toothpaste and oral care companies done the same? In my search for a Paraben free toothpaste I came across many that claimed to be "natural" however, they still contained Parabens and other quite unnatural chemicals. Many unnatural chemicals used in toothpastes are: Sodium Lauryl Sulfate (Which is clinically proven to irritate skin) Triclosan (A pesticide found in many types of toothpastes) and Hydrated Silica (A whitener that damages tooth enamel). Do these chemicals really sound like safe products to use in the oral cavity?

The next time you are at the grocery or health food store and you find yourself shopping around for a new toothpaste, rinse or even teething relief gel for your baby, be sure to take a look at the ingredient list instead of the pretty packaging. Just like in the oral cavity, you might be surprised and astonished at what you might discover.

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<sup>1</sup> Dangers of Toothpaste and Deodorant - PositiveHealth.com  
<http://www.positivehealth.com/articles/environmental/1626>

<sup>2</sup> Dangers of Toothpaste and Deodorant - PositiveHealth.com  
<http://www.positivehealth.com/articles/environmental/1626>

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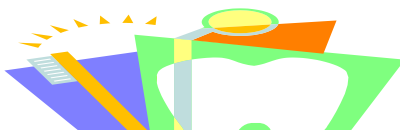
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For information on advertising please contact Kathy at the  
MDAA office for more at 204-583-7883 or email at  
[mdaa@mdaa.ca](mailto:mdaa@mdaa.ca)

### PUT YOUR STORY HERE!

**Do you have a story you want to share with our members? Is your dental office doing something neat for their patients or raising money for a charity?**

**Send us an email at [mdaa@mdaa.ca](mailto:mdaa@mdaa.ca) and let us know what is happening in your neck of the woods! Pictures too! We would love to hear from you and we'll do our best to include your story in our next issue!**



# CONTINUING EDUCATION REGISTRATION

## “HOW TO DEAL WITH DIFFICULT PEOPLE”

Presented by Mediation Services

Saturday, May 14, 2011

Viscount Gort Hotel

1670 Portage Avenue, Winnipeg

10:00 am to 1:00 pm

Mediation Services will be hosting a three hour continuing education session on “How to Deal with Difficult People” at the Viscount Gort Hotel from 10 am to 1 pm. The registration fee is \$25 and will provide you with 3 credit hours.

This course will deal with conflict and workplace stress which can have a negative effect. Conflict, however, can act as a helpful springboard toward positive change in your organization. This training will provide you with the tools to manage conflict at work and beyond. This introductory workshop examines basic approaches to dealing with conflict and provides the opportunity to learn concepts and skills which are crucial to handling conflict in healthy ways.

Please fill out the registration form below and mail along with your registration fee to the MDAA no later than **Friday, April 22, 2011. There will be no refunds after this date.**

Continuing Education Registration  
How to Deal with Difficult People  
Saturday, May 14, 2011, 10:00 am to 1:00 pm  
Viscount Gort Hotel, 1760 Portage Avenue, Winnipeg, MB

Name: \_\_\_\_\_

ID No.: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone No.: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Enclosed    Cash \_\_\_\_\_    Cheque No. \_\_\_\_\_

Please forward this completed form and the \$25 registration fee to the MDAA, 17-595 Clifton Street, Winnipeg, MB, R3G 2X5.

**Registrations will be received until Friday, April 22, 2011.  
There will be no refunds after this date. We will not be contacting you  
to confirm your registration. You will only be contacted if your  
registration has not been accepted.**