



**Michigan Dental Hygienists' Association Is Proudly Offering**

**“Essential Self Care for the Dental Hygienist”**

**Presented By: Michael Stack; Exercise Physiologist**

This 3-hour interactive workshop will teach you the mindset tools to reset your self-care priorities. Several techniques and skills will be discussed and practiced to arm you with the necessary medicine to treat your *caretakeritis* forever. Going one step further, we'll look at the specific physical demands of dental hygiene and the toll it can take on posture. Attendees will learn simple corrective exercises that can be implemented throughout their workday to reduce chronic aches and pains, restoring proper posture. Indeed, exercises for the mind and body will help you reprioritize your self-care, energize your mind, and heal your body!

**“An Update on Current Recommendations for Non-Restorative Management of Caries Lesions, With a Focus on Silver Diamine Fluoride.”**

**Presented By: Margherita Fontana, DDS, PhD**

Caries management involves not only prevention and management of the disease process at the individual level, but once caries lesions develop, additional site-specific strategies at the lesion/surface level. Effective strategies exist to arrest caries lesions of different severity. The objective of this presentation is to provide an overview of current evidence for non-restorative management of caries lesions, including strategies to arrest cavitated lesions such as silver diamine fluoride.

**6 CE's**

**Friday October 18, 2019**

**DoubleTree Hotel; 4747 28<sup>th</sup> Street SE Grand Rapids, MI 49512**

**9:00 AM**

**Registration**

**10:00-1:00 PM**

**Essential Self Care for the DH**

**1:00-2:00PM**

**Lunch**

**2:00PM-5:00PM**

**Update on Caries Management**

**Michael Stack** is an Exercise Physiologist, founder, and CEO of Applied Fitness Solutions. He oversees all fitness operations for AFS, including system development and practitioner education. In addition to his role with AFS, Mike is a clinical professor for the University of Michigan's School of Kinesiology and Eastern Michigan University's Exercise Science Program. He also sits on the American Heart Association's Heart Walk Executive Leadership Team and on the U of M Kinesiology Alumni Board of Governors. Mike is incredibly passionate about disseminating the science of health behavior change, wellness psychology, and exercise physiology to all populations and is specifically interested in making that information more accessible to the masses.

**Margherita Fontana, DDS, PhD** is the Clifford Nelson Endowed Professor of Dentistry in the Department of Cariology, Restorative Sciences and Endodontics at University of Michigan School of Dentistry (U-M). She is currently co-director of Cariology courses, and cariology discipline co-coordinator at U-M. As a principal investigator, she has received research grants from the National Institutes of Health, the American Association of Pediatric Dentistry, the Delta Dental Fund, DentaQuest, and private industry amongst others. She has over 125 papers published in peer reviewed journals, such as Journal of Dental Research, Caries Research, Journal of Dental Education, Pediatric Dentistry, Advances in Dental Research, Journal of Public Health Dentistry, Journal of the American Dental Association, British Dental Journal, etc. She was the 2007-2008 President of the Cariology Group of the International Association for Dental Research (IADR), and the 2010-2011 Chair of the Cariology Section of ADEA. In 2012 she received the USA Presidential Early Career Award for Scientists and Engineers (PECASE) for her work on caries risk assessment in children. She was the 2009 winner of the IADR Cariology Research Group's Basil G. Bibby Award in Cariology, and in 2016 winner of the IADR Burrows Memorial Award.

**REGISTRATION 6 CE's Oct. 18, 2019**

**MDHA Members: \$80, Non Members: \$95, DDS and other Dental Professionals: \$125**

**MAKE CHECK PAYABLE TO: MDHA**

**Name(s) and Credentials** \_\_\_\_\_ **Mailing Address:** \_\_\_\_\_

**Contact Email** \_\_\_\_\_ **Phone#** \_\_\_\_\_

**To reserve your place please mail or email this registration form to:  
Joyce Losen 2310 Jolly Oak Rd, Okemos, MI 48864 [joyce@mdhatoday.org](mailto:joyce@mdhatoday.org)**