

*Introducing*

# The 90<sup>th</sup> Mississippi Dental Hygienists' Association Annual Session

**BIRTHDAY \*  
PARTY**

**CHAIR  
YOGA**

**\* KEYNOTE \*  
SPEAKER**

**MUSIC \*  
+  
HEAVY  
APPETIZERS**

**PHOTO  
BOOTH  
FUN**

-----  
**MARTHA  
CATLETTE  
PhD,  
PMHNP-  
BC,  
RYT200**

-----  
**DR.  
LICHON  
RPh, DDS,  
CLM**

## **WHEN**

Thursday, February 21, 2019  
4:00 PM – UNTIL  
+  
Friday, February 22, 2019  
8:30 AM – 4:00 PM

## **WHERE**

The Historic Elks Lodge in  
downtown Greenwood, MS 38930  
- 102 West Washington Street –

# Let's have a 90th Birthday Party for the Mississippi Dental Hygienists' Association!

We have lots planned: from a birthday party themed event on Thursday night with a "Dental Chair Yoga" short CE to a Friday filled with learning facilitated by Dr. James Lichon, a dentist and pharmacist who is nationally certified in cholesterol management with the latest information on women's health, from heart disease to autoimmune diseases...we're planning an event you don't want to miss! Come learn at the beautiful and historic Elks lodge, featured in the movie "The Help" and stay at the Alluvian, a fabulous four-star boutique hotel! We can't wait to see you!

\$5.00 of your registration fee will be donated to the ADHA Institute of Oral Health for scholarship and grant programs for dental hygienists.

**REGISTER ONLINE AT:**  
[www.mississippiadha.org/events](http://www.mississippiadha.org/events)

**PLEASE MAKE CHECKS PAYABLE TO:**  
MDHA  
55 West Segrest Ave.  
Bay Springs, MS 39422

## **REGISTRATION FEE:**

Student - \$50.00

MDHA Member - \$115.00

MDHA Non-Member (DMD,  
DDS, RDH, DA, OM) -  
\$130.00

\*\*\* PLEASE submit name, email and phone number for all participants if check is made out for more than one. ALSO include participant days of attendance (Thursday, Friday or both days). \*\*\*

\*\*\* Registration Fee DOES NOT change for partial attendance! \*\*\*

For questions and more information, please contact MDHA here:

[MDHA@LIVE.COM](mailto:MDHA@LIVE.COM)

[WWW.MISSISSIPPIADHA.ORG/HOME](http://WWW.MISSISSIPPIADHA.ORG/HOME)

# Agenda | THURSDAY

TIME	AGENDA	ADDITIONAL INFO
4:00 PM – 5:00 PM	Business Meeting	(1 CE)
5:00 PM – 6:00 PM	HAPPY HOUR	(MUST BE 21 AND OVER FOR DRINK TICKETS)
6:00 PM – 7:00 PM	<u>"Chair Yoga for Well-Being in the Workplace"</u>	Presented by Martha Catlette, PhD, PMHNPP-BC, RYT200 (1 CE)
7:00 PM - until	BIRTHDAY PARTY	Heavy Appetizers + Music + Photo Booth Fun



**Martha Catlette, PhD, PMHNPP-BC** is the owner of Green Spot Yoga for Holistic Well-Being. She is a Health and Wellness Educator with certification as Chopra Center Seven Spiritual Laws of Yoga Instructor. She is also a nationally board certified and licensed psychiatric mental health nurse practitioner. Her passion is helping her students achieve relaxation and a sense of well-being using evidence-based techniques to help them connect within to create union of body, mind and spirit. She provides consultation and workshops on a variety of health and wellness topics that lead to enhanced physical-psycho-social-spiritual health to include yoga, meditation and healthy life style practices.

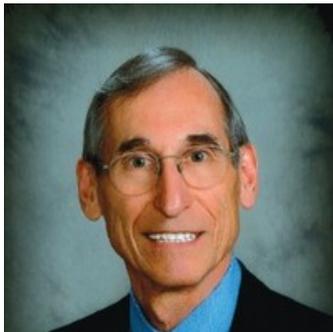
### \* Chair Yoga Objectives \*

- Recognize psychological and physical stressors experienced by dental hygienists that place them at risk for injury and career burn out.
- Describe the ancient practice of yoga and how it can easily be adapted to today's work environment using a chair.
- Identify the health benefits of adding chair yoga to your daily routine at work.
- Demonstrate and practice chair yoga techniques that can be incorporated into the work day.

MDHA is recognized by the Mississippi Board of Dental Examiners as an approved continuing education sponsor. Please check with individual State licensing boards for acceptance of continuing education.

# Agenda | FRIDAY

TIME	AGENDA	ADDITIONAL INFO
8:30 AM	Vendor Fair Begins	
9:00 AM – 9:15 AM	Welcome	
9:15 AM – 11:45 AM	<u>"More Things You Didn't Learn in Dental / Dental Hygiene School - Cardiovascular Disease to Supplements"</u> (MORNING SESSION)	Presented by Dr. James Lichon, RPh, DDS, NCCM (3 CE's)
11:45 AM – 12:00 PM	15 Minute Break / Visit Vendors	
12:00 PM – 1:15 PM	Lunch Provided with Vendors to Speak	Catered by Karyn Burrus
1:15 PM – 1:30 PM	15 Minute Break	
1:30 PM – 4:00 PM	<u>"More Things You Didn't Learn in Dental / Dental Hygiene School – Cardiovascular Disease to Supplements"</u> (AFTERNOON SESSION)	Presented by Dr. James Lichon, RPh, DDS, NCCM (3 CE's)

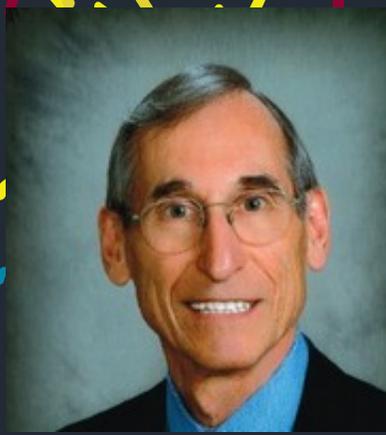


**-Keynote Speaker-**

**Dr. James Lichon, RPh, DDS, NCCM** is a dentist, pharmacist, and nationally certified in cholesterol management with the latest information on women's health, from heart disease to autoimmune diseases. His seminar has been positively received at dental/dental hygiene society meetings across the country. In addition to helping the dental team help their patients, his program also includes educating the attendees on how to work with less stress and live healthier with proper nutrition and fitness, optimizing their own personal health. He blends his own personal experience (open heart surgery) with cutting edge research to carry maximum relevance for the attendees.

**\*\*\* Dr. Lichon's course covers one-hour pain management requirement. \*\*\***

# Dr. Lichon's Course Description + Objectives



*In spite of impressive technologic advances in the field of medicine, heart disease remains the leading cause of death in the United States. In our dental offices we are seeing more and more patients with heart disease. **Greater than 1 in 3 of our adult patients have one or more types of heart disease and it is the most common medical condition that dental professionals confront.** Through a concise and understandable review of cardiovascular disease, supplements and more, you can make immediate powerful and practical practice changes that will improve your life and the life of your patient. I blend my own personal experience with cutting edge research to carry maximum relevance for the attendees.*

## Participants will learn:

- *Review of coronary artery disease, peripheral vascular disease, and stroke.*
- *Treating patients who have stents or have had open heart surgery.*
- *Understanding sudden cardiac death in children and adults.*
- *Understanding the hearts of women: Heart disease is the leading killer of women of all ages.*
- *Understanding the immune/inflammatory system and its connection to Periodontal Disease, Sjogren's Syndrome, Lichen Planus, Hypothyroidism, Celiac Disease and how they manifest themselves orally.*
- *What are the facts about cholesterol and the medications we take to lower cholesterol?*
- *Prescribing the preferred antibiotics and pain medications. What are the contraindications and side effects as related to dentistry?*
- *Understanding the new findings on Aspirin, Ibuprofen, and Tylenol as related to dentistry.*
- *Tips to prevent dental malpractice.*
- *The confusing world of supplements.*
- *Multiple vitamins, calcium and osteoporosis, Vitamin B12, Vitamin D as related to dentistry.*
- *The effects of nutrition and physical activity on cardiovascular disease and cancer.*
- *Work with less stress and live healthier with proper nutrition and fitness, optimizing your own personal health.*

## HOTEL INFORMATION

### Alluvian Hotel

318 Howard Street  
Greenwood, MS 38930  
(662) - 453 - 2114

### Hampton Inn Greenwood

1815 Highway 82 West  
Greenwood, MS 38930  
(662) - 455 - 7985

**\*\*\* Breakfast will be provided by your hotel Friday morning! \*\*\***

TO OUR AMAZING SPONSORS: WE ARE THANKFUL FOR  
YOUR SUPPORT AND HONORED TO PROMOTE YOUR  
COMPANIES!

KEYNOTE SPEAKER SPONSOR



GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS

BRONZE LEVEL SPONSORS

