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Education

- **Certificate in Clinical Research Methods**, Visiting Scholar, Clinical Research Methods (121 Credits), Summer Institute, School of Dentistry, University of Washington, Seattle, WA, 1998
- **Master of Science**, Oral Biology, 3.8/4.0 GPA, School of Dentistry, University of Washington, Seattle, WA, 1979-1981
- **Bachelor of Science**, Major: Dental Hygiene, Minor: Education, *Magna cum Laude*, Dental Hygiene Program, Marquette University, Milwaukee, WI, 1973-1977

Professional Associations and Affiliations: Active

American Dental Hygienists' Association / Washington Dental Hygienists' Association /
Greater Seattle Dental Hygienists Society
American Dental Education Association
Sigma Phi Alpha Dental Hygiene Honor Society
National Dental Practice-Based Research Network

Experience: Academic, Adjunct Faculty

- Adjunct Faculty, Dental Hygiene, Bachelor of Applied Science in Allied Health Degree Program (with Emphasis in Dental Hygiene), **Seattle Central College**, Seattle, WA 2015- present
- Course Instructor, *Educational Concepts*, Online Bachelor of Science in Dental Hygiene Program, **St. Petersburg College**, St. Petersburg, FL 2009-2011
- Director/Course Instructor, *DH Forum*, Online Continuing Education, Dental Hygiene Program, **Marquette University**, Milwaukee, WI 1999-2005
- Director, Pain Control for Dental Hygienists, Online Course, Bachelor of Science in Dental Hygiene Program (with Onsite Clinical Component), **East Tennessee State University**, Johnson City, TN 2001-2002
- Adjunct Clinical Instructor, Undergraduate Periodontics Clinic, School of Dentistry, **University of Washington**, Seattle, WA 1984-1986
- Visiting Clinical Instructor, Undergraduate Periodontal Clinic, School of Dentistry, **University of Southern California**, Los Angeles, CA 1982

Experience: Academic, Faculty

- Course Instructor, Oral Biology Series, Second Year and Pain Control Clinic, Dental Hygiene, Associate Degree and Dental Assisting Programs, **Lake Washington Institute of Technology**, Kirkland, WA 1995-1997
- Course Instructor, Board Preparation, Oral Biology Series, General and Periodontal Clinics, Dental Hygiene Program, **Pierce College**, Tacoma, WA 1993-1995, 1981-1983
- Course Instructor, Oral Biology Series, Diagnostic, First, Second Year Clinics, Dental Hygiene Program, **Shoreline Community College**, Shoreline, WA 1983-1992

Experience: Accreditation Consultant

- **Independent Educational Consultant, Dental Hygiene Curriculum and Facility:** With Facility Design, Columbia Basin College, Pasco, WA: 2000-2001; Shoreline Community College, Shoreline, WA: 2000; Baker College of Port Huron, Port Huron, MI: 1996-1997; With Facility Design, Shasta College, Redding, CA: 1998-1999; With Facility Design, Truckee Meadows, Reno, NV: 1997-1998. 1997-2001
- **Consultant Site Visit Evaluations, Commission on Accreditation,** Appointed by ADHA, Training with American Dental Association, Chicago, IL 1995-2001

Experience: Dental Hygienist

- Dental Hygienist, Seattle, WA 1986-2005
- Dental Hygienist, Milwaukee, WI 1976-1979
- Licenses: Washington: 1980- present, California: 1982-1984, Wisconsin: 1976-1980

Experience: Corporate Sales

- Seattle Region Power Presenter, **Oral B**, Proctor and Gamble, Cincinnati, OH 2002
- Northwest Region Clinical Trainer, **BriteSmile**, Walnut Creek, CA 2001
- Technical and Sales Associate, **Woodall and Associates**, Fort Collins, CO 1997-1998

Experience: Editorial

- **Advisory Board Member**, Dental Continuing Education Division, PennWell Publishing, Tulsa, OK 2014-2018
- **Editorial Reviewer, Access**, American Dental Hygienists' Association, Chicago, IL 2001-2015
- **Editor, AADH Times**, American Academy of Dental Hygiene (biannual), Stamford, CT 2010-2012
- **Editorial Board Member, The Journal of Practical Hygiene**, Editorial work, Montage Media, Mahwah, NJ 2002-2009
- **Reviewer, Get the facts on Tooth Whitening**, Online Brochure, ADHA, Chicago, IL 2003
- **Editor, WSDHA Newsletter**, Washington State Dental Hygienists' Association (quarterly), Lynnwood, WA 1993-1995, 2000

Experience: Test Item Writer and Reviewer

- **DentalXP.com**, Atlanta GA: Online Dental Continuing Education Testing Services 2009-2010
- **North East Regional Board of Dental Examiners, Inc.**, Linthicum, MD: Nitrous Oxide Pharmacology Testing Services 2005
- **Kaplan Inc.**, New York, NY: Oral Biology, National Board Dental Examination 1&2 Testing Services 1997-1998
- **American Dental Association**, Chicago, IL: ADHA Appointed, Basic Science Test Construction Committee, National Board Dental Hygiene Examination 1992-1993

Experience: Grantmanship

- **Selected Works**, GlaxoSmithKline, with ADHA, Unrestricted Educational Grant 2009-2010

Presentations: Online Continuing Education and Consumer Education

- **PennWell Publishing**, Dental Continuing Education Division, Tulsa, OK: *Does My Mouth Show My Age? Aging of Oral Mucosa: Correlating underlying changes with clinical patient needs* (2015- present).
- **Hu-Friedy**, Co-Author with Jane Weiner, RDH, Dental Hygiene Review Capsules: *Protein in the Diet: Who Knew, Bad Boy Bug with New Name: And Just as Bad, The Hidden Threat: The Thyroid Gland, Ready or Not: Dental Office Emergency Kit, Getting to the Heart of the Matter, Oral Cancer: Just When You Thought You Knew It All, X-ray Vision for Dental Hygienists* (2010-present)
- **Dentassist** (previously: ArcMesa 1999-20; DH Forum 1997-1999): *Smoking and Periodontal Disease: The Real Drag, Essentials of the Geriatric Patient, The Oral Health of Women: Navigating Life's Changes, Diabetes: The Sweet Tooth Reality, Troubleshooting Inferior Alveolar Dental Nerve Injections, Tongue Piercing: The Hole Story, Tuberculosis: Unmasking the White Plague, Dental Erosion, Knowing Your Basics: An Update of Hot Topics in Dentistry* (updated annually: 2001-present)
- **Richmond Institute (with Young Dental)**: *Blood Pressure Issues in the Dental Office, Perio, Ortho, & Hygiene Concerns for the Adolescent Patient, Concerns for the Child Patient, Remineralization, Protection, and the Caries Experience, Risk Factors for Periodontal Disease* (2004-present; updated)
- **Online Consumer Articles**: *Why Do My Gums Bleed When I Brush or Floss? Painless Dentistry, Tongue Piercing, Smoking and Gum Disease, Dental Directory*, August 1999; *Learning Strategies, Student's Help Page*, September 1998; *Smoking and Gum Disease, Understanding Bad Breath, Dental Review Online*, June 1998; *Cleaning Dentures, Ultrasonics in the Dental Office, Discussion of Fen-Phen, Ask the Dentist*, June 1998; *Self-Examination for Oral Cancer, Smiles4ever*, April 1998

Presentations: Webinars

- **rdhdu.com Educational Company** *Oral Biology Studies BOOTCAMP* (17 hours, 2017-present); *National Board Reviews: Oral Biology* (4 seminars of 9 hours each, twice yearly); *Anatomy for Local Anesthesia, Latest Concepts and Technology* (3 hours, 2012-present)

Presentations: Poster Sessions

- **ADHA Xerostomia with Hyposalivation Screening Tool Project**, Symposium on Updates in Clinical Research Methodology, University of Washington Dental Continuing Education, IADR, Seattle, WA and ADHA Annual Session, Boston, MA (2013)

Presentations: Onsite Continuing Education

- ***Expanding Your Local Anesthesia Options: Should I Add the AMSA or V-A Blocks to My Everyday Repertoire?*** General Session Seminar, RDH UOR, National Harbor, MD (2016)
- ***Hot Topics: Latest Concepts and Technology:*** Washington State Dental Hygienists' Association, Bellevue, WA (2014); Northeast WI Technical College, Green Bay, WI (2014)
- ***Integration of Pain Control:*** Arizona School of Dentistry and Oral Health, Mesa, AZ (2013); Eastern Ohio AHEC, Toledo, OH (2007); Rocky Mountain Dental Convention, Denver, CO (2005); Under One Roof, *RDH Magazine*, Costa Mesa, CA (2005); Nation's Capital Dental Meeting, District of Columbia Dental Hygienists' Association, Washington, DC (2004); Florida Dental Hygienists' Association Symposium, Orlando, FL (2004)
- ***Tobacco Cessation:*** Shoreline Community College, Shoreline, WA (yearly, 2008-present), Seattle Central College, Seattle, WA (yearly, 2008-present); Lake Washington Institute of Technology, Kirkland, WA (yearly, 2008-2012), Lake Washington Dental Hygienists Society, Bellevue, WA (2009)
- ***Patient Risk Assessment for Periodontal Disease:*** Under One Roof, *RDH Magazine*, Chicago, IL (2008); Star of the South, Houston, TX (2006); Yankee Dental Congress, Boston, MA (2003)
- ***Mature Women's Oral Health Needs:*** Fresno Madera Dental Society, Fresno, CA (2007); Star of the South, Houston, TX (2006); Valley Forge Dental Association, PA (2006); Registered Dental Hygienists' of Collier County, Naples, FL (2002); Annual Session of the Vermont Dental Teams, Burlington, VT (2002); Idaho State Dental Association, Coeur d' Alene, ID (2001); Annual Margaret M. Ryan Dental Hygiene Update, OHSU School of Dentistry, Portland, OR (2001); Annual Symposium for Oral Health Professionals, Washington Dental Hygienists' Association, Lynnwood, WA (2001); Ontario Dental Association Annual Session, Burlington, Ontario, Canada (2000); Dalhousie University, Halifax, Nova Scotia (2000)
- ***Common Oral Lesions in the Geriatric Population:*** Blue Ridge Dental Hygienists' Association, Lynchburg, VA; Yankee Dental Congress, Boston, MA (2003); Registered Dental Hygienists' of Collier County, Naples, FL (2002); Annual Session of the Vermont Dental Teams, Burlington, VT (2002); Ontario Dental Association Annual Session, Burlington, Ontario, Canada (2000); Dalhousie University, Halifax, Nova Scotia (2000); Annual Session, Oregon Dental Hygienists' Association, Eugene, OR (1990)

Presentations: Onsite Continuing Education (continued)

- ***Treating The Compromised Diabetic Dental Patient:*** Fresno Madera Dental Society, Fresno, CA (2007); Star of the South, Houston, TX (2006); Nation's Capital Dental Meeting, DCDHA, Washington, DC (2004); Greater Seattle Dental Hygienists' Society, Chateau Ste. Michelle, Woodinville, WA (2001)
- ***Advanced Patient Assessment Skills:*** Rocky Mountain Dental Convention, Denver, CO (2005); Blue Ridge Dental Hygienists' Association, Lynchburg, VA (2004); Pacific Dental Conference, Vancouver, BC (2003); American Dental Association, Annual Session, New Orleans, LA (2002); Dalhousie University Dental School, Halifax, Nova Scotia, Canada (2000); Tennessee State University-Meharry College, Nashville, TN (1998, 1999, 2000); Scientific Session, Wisconsin Dental Hygienists' Association, Milwaukee, WI (1996)
- ***Oral Pathology Update for Dental Hygiene Treatment Plans:*** Star of the South, Houston, TX (2006); University of Texas Dental Branch, Houston, TX (2004 and 2005); Kalamazoo Valley Community College, Kalamazoo, MI (2003); Pacific Dental Conference, Vancouver, BC, Canada (2003); Oregon Health Sciences School of Dentistry, Portland, OR (2001); American Dental Association, Annual Session, New Orleans, LA (2002); Oklahoma Dental Hygienists' Association, Oklahoma City, OK (2001); Annual Symposium for Oral Health Professionals, Washington Dental Hygienists' Association, Lynnwood, WA (2001); Idaho State Dental Association, Coeur d' Alene, ID (2001); East Bay Dental Hygienists' Association, Chabot College, Hayward, CA (2000); Dental Continuing Education, University of British Columbia, Vancouver, BC, Canada (1996); Scientific Session, Oregon Dental Hygienists' Association, Portland, OR (1996)
- ***Dental Hygienist's Role in Tooth Whitening:*** Rocky Mountain Dental Convention, Denver, CO (2005)
- ***Guide to the Internet:*** South Dakota Dental Hygienists' Association Annual Session, Sioux Falls, SD (2003); OHSU School of Dentistry, Portland, OR (2002); Annual Session of the Vermont Dental Teams, Burlington, VT (2002); Annual Symposium for Oral Health Professionals, Washington Dental Hygienists' Association, Lynnwood, WA (2001); Idaho State Dental Association, Coeur d' Alene, ID (2001); Lake Washington Dental Hygienists Society, Bellevue, WA (1999); School of Dentistry, University of Washington, Seattle, WA (1999)
- ***DH Forum- Online CE for Dental Hygienists:*** Technofair, Annual Session, American Association of Dental Schools, Vancouver, BC, Canada (1999)
- ***Cigar Smoking: Oral Effects and Trends:*** Oral Cancer Symposium, Annual Session, American Dental Hygienists' Association, New Orleans, LA (2003)
- ***Anatomy for Local Anesthesia:*** Virginia Dental Hygienists' Association, Richmond, VA (2007); Marquette University Dental School/ Dental Hygiene Department, Milwaukee, WI (1999)
- ***Troubleshooting the Inferior Alveolar Block Injections:*** Central Community College, Hasting, NE (2006); Under One Roof, *RDH Magazine*, Chicago, IL (2005); South Dakota Dental Hygienists' Association Annual Session, Sioux Falls, SD (2003)

Presentations: Onsite Continuing Education (continued)

- **Local Anesthesia for Dental Hygienists for Licensure- 32 hours average (12-14 lecture and 18-20 clinical):** NY State College of Technology, Brooklyn, NY (3 seminars, community, 2007); Owens Community College, Toledo, OH (4 seminars, faculty and community, 2006-2007); Rhodes State College, Lima, OH (seminar, faculty, 2007); Youngstown University Dental Hygiene Program, Youngstown, OH (seminar, faculty, 2007); Stark State College, Canton, OH (seminar, faculty, 2006); Columbus Community College, Columbus, OH (seminar, faculty, 2006); Cuyahoga Community College, Cleveland, OH (seminar, faculty, 2006); Fones School of Dental Hygiene, University of Bridgeport, Bridgeport, CT (5 seminars, faculty and community, 2006-2007); University of New Haven, New Haven, CT (seminar, 2005); College of DuPage, Glen Ellyn, IL (8 seminars, faculty and community, 2005-2006); West Liberty State College Dental Hygiene Department, West Liberty, WV (2 seminars, bachelor degree, 2005-2006); Baker College of Port Huron, Port Huron, MI (2 seminars, community); Grand Rapids Community College, Grand Rapids, MI (seminar, faculty, 2006); Rock Valley College, Rockford, IL (6 seminars, faculty and community, 2004-2006); IL Central College, Peoria, IL (seminar, faculty, 2005); Prairie State College, Chicago Heights, IL (6 seminars, faculty and community, 2005-2007); Marquette University Dental School, Dental Hygiene Department, Milwaukee, WI (6 seminars, community, 1999-2001)
- **Pain Control for Dental Hygienists for Licensure - 32 hours average (12-14 lecture and 18-20 clinical- including local anesthesia and nitrous oxide) (seminar times and audience noted):** Wytheville Community College, Wytheville, VA (4 seminars, community, 2005-2006); Stony Brook School of Dental Medicine, Stony Brook, NY (5 seminars, community with 15 hour online portion, community, 2005-2006); DCDHA, Washington, DC (4 seminars, community, 2004-2005)
- **Nitrous Oxide Use:** Central Community College, Hasting, NE (2006); West Virginia Dental Association, WV (3 seminars, 2005-2006)

Publications: Professional Textbooks (Elsevier: WB Saunders, Mosby)

- Editor-in-Chief, *Mosby's Dental Dictionary*, ed 4, 2020
- Editor, *Dental Anatomy Coloring Book*, ed 3, 2019
- Primary author, *Illustrated Anatomy of the Head and Neck*, ed 5, 2017
- Primary Author, *Illustrated Dental Embryology, Histology, and Anatomy (with Workbook)*, ed 4, 2016
- Contributor, Chapters: Anatomic Considerations, Maxillary and Mandibular Anesthesia, *Local Anesthesia for Dental Hygienists*, Logothetis, ed 3, 2017
- Contributor, Chapters: Inflammation, Immunity, *Oral Pathology for Dental Hygienists*, Ibsen, Phelan, ed 7, 2018
- Contributor, Chapter: Extraoral and Intraoral Clinical Assessment, *Darby and Walsh Dental Hygiene Theory and Practice*, Bowen, ed 5, 2020
- Subject Matter Consultant, Chapter: Management of Pain and Anxiety, *Darby's Comprehension of Review of Dental Hygiene*, Blue, ed 8, 2017

Publications: Professional Journals

- The underused block: The Vazirani-Akinosi mandibular block, *RDH Magazine*, February 2016
- Tobacco Cessation Posters for Dental Hygienists, *RDH Magazine*, October 2014
- Local Anesthesia Options During Dental Hygiene Care, *RDH Magazine*, June 2014
- Wazzup with Webinars: Best Practices in Dental Hygiene Webinar Education, *Access (ADHA)*, July 2013
- The Consumer Needs A Dental Preventive Guide-Us!, Guest Editorial, *Access (ADHA)*, January 2012
- The Horizontal Incisive Block Underutilized but Ultimately Useful, *Journal for the California Dental Hygienists' Association*, Summer 2011
- Hyposalivation with Xerostomia Screening Tool, *Access (ADHA)*, December 2010
- Moments in Dental Science Column: Topics ranged from Periodontal Pathogens to Cardiovascular Health, *RDH Magazine*, July 2008-December 2008
- E-mailing for Dental Professionals, *RDH Magazine*, February 2008
- Pain Control: A Lesson in Ease..., *Modern Hygienist*, July 2007
- Pain Control for Dental Hygienists: Current Concepts in Local Anesthesia Are Reviewed, *RDH Magazine*, February 2005
- Stress Reduction for the Oral Health Care Patient at High Risk for Medical Emergency; *Access (ADHA)*, July 2004
- Cigar Smoking, *RDH Magazine*, February 2003
- Competencies for Entry into the Profession of Dental Hygiene, Dental Hygiene Education Competency Draft Review Committee, Section on Dental Hygiene, American Dental Education Association, Chicago, IL: *Journal of Dental Education*, 2004, 63:7
- Gow-Gates Mandibular Nerve Block: An Alternative in Local Anesthetic Use, *Access (ADHA)*, November 2002
- Review of a New Text by the Author: Illustrated Anatomy of the Head and Neck, Second Edition, *Education Update*, 120:2, 2002
- Online Continuing Education: DH Forum, *Journal of Dental Hygiene*, 75:1, 2001
- Review of Tooth Development and Associated Developmental Disturbances, *The Journal of Practical Hygiene*, Montage Media, 9:3, 2000
- Patient Recruitment Procedures for Dental Hygiene Program Facilities, *Education Update (ADHA)*, 17:1, 1998
- Tongue Piercing and Potential Oral Complications, *Journal of Dental Hygiene*, 72:1, 1998
- Evidence-Based Decision Making, *The Explorer*, Dental Hygienists' Association of Australia and New South Wales, 20:2, 1999
- Dental Infections, *The Journal of Practical Hygiene*, Montage Media, 6:2, 1997
- Inventory Control Policies for Dental Hygiene Supplies, *Dental Hygienist News*, 8:2, 1994

Publications: Book Reviews and Abstracts (in *Journal of Dental Hygiene*, ADHA)

- Fundamentals of the Extra and Intra Oral Examination: An Assessment Tool for Dental Hygienists and Other Allied Health Professionals (DVD), 81:3, 2007
- Body Out of Balance: Understanding and Treating Sjögren's Syndrome, 79: 6, 2005
- Fundamentals of Periodontics, 77:3, 2003
- Aging, Osteoporosis, and Dental Implants, 77:1, 2003
- Carranza's Clinical Periodontology, 76:4, 2002
- Health Question and Answer Review of Dental Hygiene, 76:2, 2002
- Alcoholism Sourcebook, 75:6, 2001
- An Introduction to Risk Prevention and Preventive Dentistry, 74:3, 2000
- Dental Implants: The Art and Science, 75:2, 2001
- Influence of Smoking on the Outcome of Periodontal Surgery. A Five-year Follow-up (*Journal of Clinical Periodontology*), 73:3, 1999
- Infection Control and Management of Hazardous Materials for the Dental Team, 73:2, 1999

Professional Involvement: Interviews

- Dental Science of Tooth Whitening Wizardry: A Patient's Perspective; Tobacco Cessation, Gutowski, S, CrossLinks Blog Radio April and November 2013
- Emerging Tobacco Products, Access (ADHA) March 2011
- Chronic Inflammation: Putting Life and Health at Risk, Access (ADHA) August 2004
- From the Podium: The 'Velvet Touch', DePalma AC, *RDH Magazine* May 2004
- Coming Clean, *Oh, What Beautiful Teeth*, Ascend Communications March 2004
- New Trends in Perio, Access (ADHA) December 2003
- Getting Technological: A Look at the Future of Oral Health Care, Access (ADHA) October 2003
- Ahhhhh... those BUBBLES, Gutkowski S, *RDH Magazine* October 2002
- A Funny Thing Happened on the Way to the Podium, Guigon A, *RDH Magazine* October 2001
- Online Courses: Let the Buyer Beware, Green M, *Illinois Dental News* February 2000

Professional Involvement: Mentoring Master's Theses

- *North American Survey of Admission Criteria and Procedures in Dental Hygiene Education*, Sheila Semler, San Juan College, Farmington, NM 2000-2001
- *Factors During Dental Hygiene Clinical Evaluations*, Lori Baker-Eveleth, RDH, MA, Washington State University, Pullman, WA 1990-1991

Professional Involvement: Recognition

- **Alfred C. Fones Award Recipient** (Founder of Dental Hygiene), American Dental Hygienists' Association, Annual Session, Boston, MA 2013
- **Excellence in Dental Hygiene Award Recipient**, Johnson & Johnson and American Dental Hygienists' Association, Annual Session, Washington DC 2009
- **Member Profile**, Access (American Dental Hygienists' Association) October 2010
- **Plaque of Recognition**, Oral Biology Course Instructor, Dental Assisting, Dental Programs, Lake Washington Institute of Technology, Kirkland, WA 1996
- **Distinguished Alumnus**, Dental Hygiene Alumni Association and Department Chair Nomination, Dental Hygiene Program, Marquette University, Milwaukee, WI 1995
- **Installation Representative for Alpha Sigma Nu**, Graduation Ceremonies, Dental Hygiene Program, Pierce College, Tacoma, WA 1994
- **Certificate of Appreciation**, Oral Biology Course Instructor, Dental Hygiene Program, Shoreline Community College, Seattle, WA 1992
- **Keynote Speaker**, *And will you succeed? Yes, you will indeed!* Nominated by the Class of 1990, Graduation Ceremonies, Dental Hygiene Program, Shoreline Community College, Seattle, WA 1990

Professional Involvement: Community

- **Tobacco Cessation Consultant, Washington State Dental Hygienists' Association, Past Liaison**, American Dental Hygienists' Association: *Tobacco Control News* in *WSDHA Newsletter*, WSDHA Tobacco Cessation Website with Copyright Free Posters, Presentation to Dental Hygiene Schools, Work with State Agencies 1999-present
- **Past Advisory Committee Member, Tobacco Intervention Initiative**, ADHA: worked with State Liaisons, Creation of Input to Online Associations Newsletter 2008-2014
- **Tobacco Cessation Researcher**, Washington State Department of Health, Seattle, WA: FREE & CLEAR, (2008-2010); Dental Health and Tobacco Brochures (2008); Tobacco Cessation Reform Project with and State Insurer's Survey (1997-1998); Tobacco advertising (1992); American Cancer Society program for low income pregnant teenagers, Women With Children program (1991)
- **Oral Health Competency/Articulation Task Force Member**, Washington State Board for Community and Technical Colleges, Seattle, WA 1995-1996

Professional References by Request