About the Programs

**Life is a Breeze Except When You’re Dry as a Bone**

Dry mouth syndrome is an increasing problem in all age groups, from children to young adults to seniors and it is complicated. Clinicians need to understand that feeling dry (xerostomia) is not necessarily the same as being dry (hyposalivation).

Today’s patients have complex lifestyles, compromising personal habits and diverse medical conditions, each of which can contribute to dry mouth issues. Living with a dry mouth, day in and day out, is a quality-of-life issue that affects dietary intake, speech, oral health, and self-esteem. This course explores factors contributing to today’s increasing epidemic of dry mouth and ways to help patients cope with oral discomfort.

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**The Sick Generation - Sipping, Munching, Crunching Couch Potato Kids**

Today’s children are destined to have a shorter lifespan than their parents and grandparents. Compromised diets, new family structures, and changing social mores are creating a generation of children and adolescents who are plagued with preventable degenerative diseases, conditions that used to be exclusive to aging adults.

Learn how the epidemics of diabetes, obesity, tobacco, osteoporosis, sleeping disorders, and asthma are impacting and shortening the lives of our children. This course will provide information and tools to help identify some of this century’s most complicated nutritional deficiencies and activity challenges.

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**About the Speaker**

Anne Nugent Guignon, RDH, MPH, CSP is a visionary thinker. Anne began dental hygiene practice in 1971 and has received numerous accolades for mentoring, research, and guiding her profession. She was recognized by DPR in 2012 as one of the Top 25 Women in Dentistry and chosen as RDH readers’ Most Effective Educator in 2016.

She is an international speaker, prolific author, RDH Magazine’s Senior Consulting Editor, University of Texas Dental School faculty member, and has worked on developing and testing many clinical products. In 2015 she was awarded the Certified Speaking Professional credential, the National Speakers Association’s highest earned credential.

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**Special Sponsorship provided by Crown Seating**

Raffle tickets available for Saddle Chair: $10 each or 3 for $25
Contact CPE Chair Teresa for details.  
*You do not have to be present to WIN!*

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**Fees include lecture, coffee, refreshments, and luncheon.**

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The next CPE day will be on November 6, 2020

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**Delaware Dental Hygienists’ Association**

**SPRING CONTINUING PROFESSIONAL EDUCATION DAY**

April 3, 2020  
University of Delaware  
Virden Center  
Lewes, DE  

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