

SODC INSIDER

Preventive
care: the front
line of oral
health.

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FIND OUT MORE

THE ROOT OF THE MATTER: OHS 108 PREVENTIVE

In their first term, dental hygiene students dive into Preventive Dentistry—a subject that equips them to provide effective, evidence-based, client-centered care. The focus is on the power of prevention. Students learn about common oral diseases, including gingivitis and dental caries, and explore strategies to prevent or manage them through plaque removal, antimicrobial agents, fluoride treatments, and client education.

They practice brushing and flossing techniques and learn the value of evidence-based products and therapies. Students are also provided with reliable resources to share with clients, including the Oral Health Fact Sheets from the Ontario Dental Hygienists' Association.

A central concept is the connection between oral and overall health, as conditions in the mouth can affect—and be affected by—systemic diseases such as diabetes, cardiovascular disease, and respiratory illness. Success in prevention depends not only on clinical treatment but also on motivating clients and supporting positive behavior changes. By understanding what effective prevention looks like and why it matters, students are prepared to help clients maintain optimal oral and general health.

Emilie W. RDH
SODC DH Clinical and Theory Instructor



FACULTY SPOTLIGHT

Emilie W.

Emilie has been a registered dental hygienist for 19 years and has been a member of the SODC team since 2020. She supports students in both clinical and theoretical settings and currently teaches Preventive, Process of Care, Interprofessional, Research and Statistics, Diverse Populations, Business and Practice Management, and Evidence-Based Practice. Emilie is passionate about teaching and incorporates methods and tools to create an engaging and supportive learning experience for students. She also enjoys maintaining her clinical skills by practicing at a Dental Hygiene Clinic in Hamilton, Ontario.

Beyond the OP

Prevention of oral diseases or preservation of oral health is very important in positively maintaining the quality of life in people. Gum disease, oral infection, and poor oral hygiene such as rampant cavities, can be linked to systemic diseases or conditions such as heart attacks, strokes, diabetes, premature birth, high blood pressure etc. With preventive measures, we can minimize the possibilities of experiencing the related systemic diseases.

At the basic and fundamental level (such as our Dental Assistant - Level I & II and Dental Hygiene programs), our students are trained on the importance of establishing a good oral condition free from any oral diseases (gum disease like gingivitis and teeth disease like cavities). They are taught preventive measures to help maintain a good oral condition by reversing poor gum and teeth diseases.

At a higher level of prevention, our continuing education students (such as our Supplemental Course in Orthodontic Procedures and Restorative Dental Hygiene programs) are trained in understanding occlusion (bite). The bite influences everything and can be the root cause of breathing problems such as snoring, sleep apnea, jaw problems and many more—which have a strong negative effect on the lifestyle of people.

We, as dental professionals, have the position and responsibility to positively affect the quality of lives of people in our communities.

Dr. Roland P. Estrabillo, DDS
Dean and President





THE TOOTH TRUTH FILES

Life at Southern Ontario Dental College



Can you tell us a bit about yourself?

I am an enthusiastic individual who cares about making the people I encounter smile. I started this school as an individual but recognize my classmates and I will make it through as a team.

What advice would you give a new Term 1 student?

For anyone in term 1, I would highly recommend being organized and making a detailed calendar before they start. As well as forming connections with your peers and faculty, to help you through this journey.

What are you most excited to learn as you begin Term 2?

I am most excited about being more involved with hands on material and people interactions. Even though clinic days can be long, they are, in my opinion, extremely rewarding.



SODC IPAC in Practice

"I'm a strong believer of the golden rule when it comes to IPAC. Start with the basics such as washing your hands, wear proper PPE and follow IPAC protocol. No guessing. Stay consistent. Infection control isn't sometimes, it's every time the same way."

Laura P. CDA II
SODC Dispensary Technician

STUDY TIP OF THE MONTH

Don't wait until class is over to study.

Studying begins in class, during lecture, so take notes while listening to your instructor. Notes are not meant to be word-for-word; point form is fine, focusing on main concepts. Don't be afraid to ask questions along the way or ask for clarification. If you feel shy, message the instructor privately to ask your question at the end of class.

Christine C. RDH, B.Sc., M.Ed.
Dental Hygiene Theory & Clinical Instructor
Dental Assistant Level I & II Program Coordinator

EVENTS AT SODC

SEP 2 - WELCOME BACK DH COHORT 31

SEP 2 - WELCOME: TERM 1 DA & DH ONLINE ORIENTATION

SEP 4 - TERM 1 DA & DH IN-PERSON ORIENTATION

SEP 16 - RADO1/RADO2: RADIOLOGY FOR THE
DENTAL AUXILIARY FOR HARP
QUALIFICATION: THEORY AND PRACTICAL
14 BEGINS

SEP 27/28 - SUPPLEMENTAL COURSE IN
ORTHODONTIC PROCEDURES BEGINS

