

# SODC INSIDER

From Crooked to  
Confident: The  
Magic of  
Orthodontics

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# THE ROOT OF THE MATTER:

## SUPPLEMENTAL COURSE IN ORTHODONTIC PROCEDURES FOR LEVEL II DENTAL ASSISTANTS & DENTAL HYGIENISTS

My name is Dr. Melissa Sander and I am thrilled to share my knowledge and passion for orthodontics with all of you. As a certified orthodontist with almost 20 years of experience. I have partnered with the Southern Ontario Dental College to offer a hands-on orthodontic course that is tailored for both certified Level II dental assistants and hygienists. This high-quality Supplemental course in Orthodontics follows the RCDSO's Intra-oral procedure standards in Appendix I offering both a didactic and clinical component. Each student is issued a certificate upon completion of the course allowing them to perform these expanded orthodontic duties in private practice. The two-day weekend course is taught by certified orthodontists and held in the state-of-the-art simulation lab and modern dental facility providing the perfect environment for learning.

The advantage of this course in particular is the small class size and exposure to one-on-one instruction with certified orthodontists. The students receive immediate feedback and will have lots of hands-on training during the course, making it very practical and equipping them with the skills needed to handle their patients' orthodontic needs in private practice. Each student will have the opportunity to work on mannequin heads in the simulation lab to bond brackets, lingual retainers, aligner attachments, fit bands, archwire exercises and practice intra-oral scanning with a digital scanner. If you have ever been interested in learning more about orthodontics, this is the perfect introductory course for you. Please feel free to reach out to SODC for additional information. Register early as limited spaces available

**Dr. Sander** DDS, MSc. (Ortho), FRCD(C)  
SODC CE Instructor



### FACULTY SPOTLIGHT

**Dr. Sander**

Dr. Melissa Sander completed her dental degree and Master's degree in Clinical Orthodontics at the University of Toronto where she received multiple academic and student leadership awards. She completed a residency at Sunnybrook and Women's Hospital where she was involved in complex trauma and jaw surgery cases. She is a Certified Orthodontist, Fellow of the Royal College of Dentists of Canada and an active member of the Ontario Association of Orthodontics, Ontario Dental Association (ODA), Hamilton Academy of Dentists, and Omicron Kappa Upsilon National Dental Honour Society.

# Beyond the OP

**Q:** What is orthodontics, and why is it important?

**A:** Orthodontics is defined as the alignment of teeth, with "ortho" meaning alignment and "dontics" meaning teeth, primarily addressing crowded or misaligned teeth caused by insufficient room in the mouth. You must find out what is causing the issue, this is why orthodontics is important.

**Q:** What signs might show that someone needs braces or other orthodontic treatment?

**A:** Some signs indicating the need for orthodontic treatment include mouth breathing, anterior open bite, crowded teeth, snoring, sleep disordered breathing, and improper growth patterns in children. Untreated orthodontic issues can prevent children from developing to their full physical, physiological, and neurological potential, leading to adult problems like fatigue, lack of focus, and poor self-esteem.

**Q:** What happens if you don't get orthodontic treatment when you need it?

**A:** Treatment is easier and more effective in children compared to adults. Early intervention at age three when all the baby teeth are present is considered the best time to receive treatment. Children with enlarged tonsils, enlarged adenoids, chronic sniffles, and allergy symptoms are good candidates for early treatment. Note that Orthodontic treatment without orthopedic support often results in relapse where teeth return to their original positions. Integration of orthopedic treatment with traditional orthodontics should be considered to address underlying bone structure issues and prevent relapse.

**Dr. Roland P. Estrabillo, DDS**  
Dean and President





# THE TOOTH TRUTH FILES



*Life at Southern Ontario Dental College*

## What was your overall impression of the orthodontics program?

I really enjoyed the program! It was very well structured. It provided me with a lot of valuable information and a very comfortable learning experience. I found it to be a fun and educational experience. An excellent way to spend my weekend.

## How confident do you feel in assisting with orthodontic procedures after completing this program?

I am very confident. I had the opportunity to place my first lingual wire, and my doctor was very impressed with my skills. The hands-on training in the course was exceptional and significantly increased my confidence in clinical settings. I can't wait to do more!

## What advice would you offer to future students considering the orthodontics section of the program?

I highly recommend pursuing program! It's amazing opportunity at a very reasonable cost. I was able to expand my scope of practice, I enhanced my professional value, gained a new found confidence in myself and contribute in more way at work.



## SODC IPAC in Practice

"SODC has many Continuing Education programs from my observation. The Orthodontic program is very interesting and educational. The students have a thorough understanding of how to place brackets and wires. The curriculum is explained in full detail by Dr. Sanders and Dr. Sanovic. The iterro demonstration is an added bonus to the program. The students really get a lot out of this course. I would recommend it to those interested in furthering their ortho education."

**Lisa K. CDA II**  
SODC Dispensary Technician

## STUDY TIP OF THE MONTH

### Confidence starts before clinic:

Clinic can be a source of anxiety for many students. My biggest tip is to mentally rehearse your clinic day in advance. Role-play each step in your mind, so that you feel prepared and confident. After doing this, if you have any doubts, review the necessary material beforehand. Finally, during your instructor's clinic interview, don't hesitate to ask any remaining questions, because we are there to support you and help you learn! Good luck, and have fun!

**Valentina H. RDH, B.Sc., M.Ed.**  
Dental Hygiene Theory & Clinical Instructor

## EVENTS AT SODC

**NOVEMBER 8 & 9** - SUPPLEMENTAL COURSE IN ORTHODONTIC PROCEDURES FOR LEVEL II DENTAL ASSISTANTS & DENTAL HYGIENISTS COURSE STARTS

**NOVEMBER 10-14** - MID-TERM BREAK FOR TERM 1 AND 3

**NOVEMBER 11** - REMEMBRANCE DAY

**NOVEMBER 12** - YOUR FUTURE, YOUR CHOICE WITH DR. ESTRABILLO

**NOVEMBER 16** - DENTAL ASSISTANT OPEN HOUSE 1:30PM - 5:30PM

**NOVEMBER 18** - HARP 15 BEGINS, WELCOME STUDENTS

**NOVEMBER 29** - DA 9 FINISH DENTAL ASSISTANT LEVEL I & II PROGRAM



★ **Your Feedback Matters** ★

If you had a positive experience at Southern Ontario Dental College, please consider leaving a Google review. It helps us improve and reach more future professionals.