

THE 2024 DENOBI AWARD ISSUE

DENTE



MODERN DENTISTRY

FEB
'24

Dentistry, Quality, Global Health Synergy
ANDREA BASUALDO, DDS

TABLE OF CONTENTS

2

Letter
from the
Editor

4

Introducing
KELLS

7

**The Denobi
Awards:
Background**

9

Oral
Health X
Gut Health

12

**The Denobi
Awards:
The Founders**

14

Addressing
Patient
Complaints

16

**The Denobi
Awards:
The Shortlist**

17

The Price of
Pursuing
Dental Hygiene

19

**The Denobi
Awards:
Showcase!**

28

Breathing's
Effect on
the Face

31

Feature Article:
Dr. Andrea
Basualdo



Carl Demadema, BOHSc

Dear Readers,

Welcome to the February 2024 issue of Dente Magazine! This month, we're thrilled to present a special edition dedicated to the Denobi Awards, celebrating the outstanding achievements of dental professionals who continuously raise the bar in their field. It's an honor to recognize the dedication and talent of those who contribute to making dentistry not just a profession, but a passion.

As we delve into this issue, I'm particularly excited to introduce our cover feature article, which shines a spotlight on a remarkable individual who exemplifies excellence in dentistry. Dr. Andrea Lorena Basualdo Allende graces our cover with her presence, and within these pages, you'll find her invaluable insights into quality assurance and public health in the dentistry field. Dr. Basualdo Allende's commitment to ensuring the highest standards of care and her efforts to promote oral health on a broader scale are truly inspiring.

In our fast-paced world, it's easy to overlook the tireless work and dedication of dental professionals. However, through initiatives like the Denobi Awards, we have the opportunity to pause and celebrate their contributions. Whether it's through innovative techniques, groundbreaking research, or compassionate patient care, each nominee and winner embodies the spirit of excellence that defines our profession.

To all our readers who are part of the dental community, I want to take this moment to express my deepest gratitude. Your unwavering commitment to your patients' well-being, your pursuit of knowledge and skill, and your endless compassion do not go unnoticed. You are the heart and soul of dentistry, and it is your hard work and passion that makes our field so special.

As we honor the shortlisted professionals of the Denobi Awards, let us also remember that every dental professional, in their own way, is a winner. Whether you're a seasoned practitioner, a dedicated hygienist, a diligent assistant, or a student just beginning your journey, know that your efforts make a difference. Each smile you restore, each pain you alleviate, and each life you touch is a testament to your impact.

So here's to you, dear readers. You are all winners in the eyes of your patients and in the heart of Dente Magazine. Thank you for your continued dedication, and may you find fulfillment and joy in the noble pursuit of dental excellence.

With warm regards,

**Carl Demadema, BOSHc
Editor-in-Chief
Dente Magazine**

Introducing **KELLS** The **F**ounders



Jie Feng, PhD



Kevin Duffy

In the rapidly evolving landscape of healthcare, the integration of artificial intelligence (AI) is reshaping traditional paradigms and paving the way for innovative approaches to patient care. One such pioneering venture at the forefront of this transformative wave is **KELLS, an AI-enabled comprehensive virtual care platform specializing in oral health. With a mission to revolutionize dental care, **KELLS** is spearheading a paradigm shift towards more accessible, personalized, and transparent dental services.**

The Genesis of KELLS:

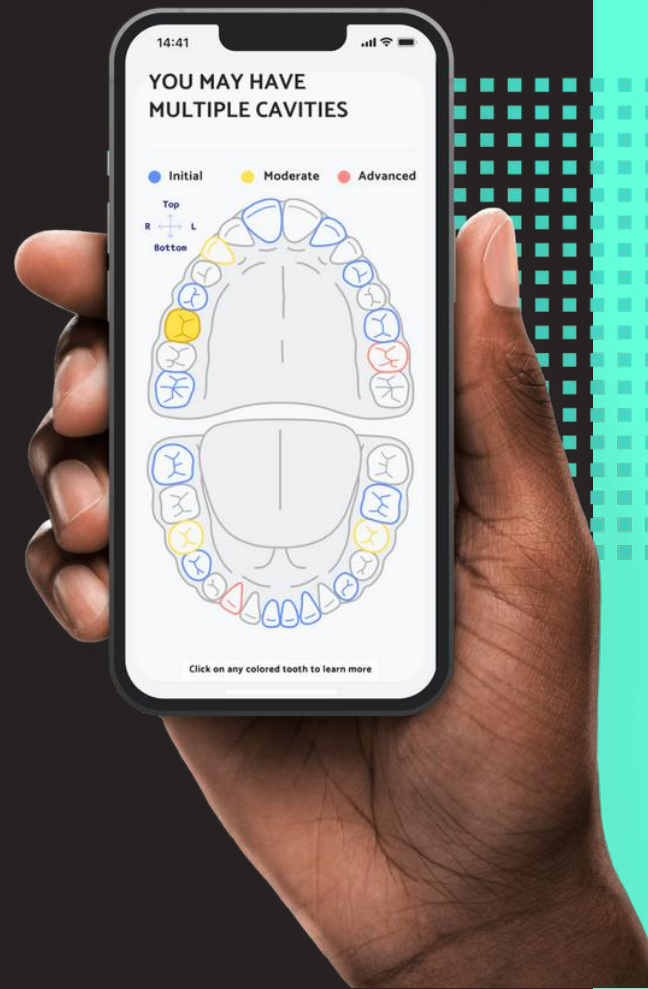
The genesis of KELLS was inspired by the growing recognition of the numerous challenges plaguing the dental care industry. As consumers and patients themselves, the founders of KELLS intimately understood the hurdles faced by millions of individuals in accessing timely and affordable dental care. The prevalence of untreated dental diseases, coupled with the exorbitant costs associated with traditional dental services, underscored the urgent need for disruptive innovation in this arena.

Driven by a fervent belief in the transformative potential of AI, KELLS set out to harness cutting-edge technology to address these pressing issues and revolutionize the delivery of dental care. The vision was clear: to create a new ecosystem of dental care that empowers individuals, enhances accessibility, and leverages data-driven insights to optimize patient outcomes.

AI in Dental Diagnosis:

Central to KELLS' innovative approach is its utilization of AI to facilitate early detection and diagnosis of potential oral health issues. By leveraging a diverse array of data sources, including intra-oral photos, X-rays, and textural records, KELLS' AI platform employs sophisticated algorithms to analyze and identify key dental issues with unparalleled accuracy. This proactive approach not only enables timely intervention but also minimizes the need for invasive treatments, thereby reducing costs and improving patient outcomes.

CHECKOUT
getkells.com



Personalized Preventative Care:

KELLS' commitment to personalized care extends beyond diagnosis to encompass preventative measures tailored to individual needs. Through its AI-driven platform, KELLS recommends customized home hygiene instructions, dietary recommendations, and product suggestions aimed at mitigating oral health risks and fostering long-term wellness. By empowering individuals to take ownership of their oral health, KELLS endeavors to shift the paradigm from reactive treatment to proactive prevention, thereby promoting holistic well-being.

Treatment Recommendations and Cost Estimations:

In addition to diagnosis and preventative care, KELLS provides tailored treatment recommendations based on AI assessments, taking into account individual patient histories and preferences. By combining AI insights with expert opinions, KELLS ensures that patients receive comprehensive and informed guidance regarding their treatment options. Moreover, KELLS' AI algorithms are capable of estimating the costs associated with recommended treatments, thereby promoting transparency and empowering patients to make informed decisions about their dental care.

Remote Dental Services and User Experience:

A hallmark of KELLS' innovative approach is its commitment to providing remote dental services, facilitated by its AI-driven platform. By leveraging AI technology, KELLS enables virtual consultations, remote dental scans, and real-time support, thereby allowing jump-starting dental care before the need for physical visits to the dentist's office. Despite the inherent challenges of implementing remote dental services, KELLS has prioritized user experience and accessibility, ensuring that patients receive seamless, intuitive, and personalized care from the comfort of their homes.

Future Outlook:

Looking ahead, KELLS envisions a future where AI continues to play a pivotal role in shaping the landscape of dental care. With ongoing advancements in technology and the integration of dental and medical data, KELLS anticipates greater efficiencies, improved outcomes, and enhanced patient experiences. As the healthcare industry embraces AI-driven solutions, KELLS remains at the forefront of innovation, poised to usher in a new era of dental care characterized by accessibility, affordability, and personalized excellence.

In conclusion, KELLS represents a beacon of hope in an industry ripe for disruption. By harnessing the power of AI to revolutionize dental care, KELLS is poised to transform the lives of millions, paving the way for a future where oral health is more accessible, transparent, and empowering than ever before.



THE DENOBI AWARDS

The Denobi Awards, set to take place on March 2, 2024, in Dallas, TX, is a prestigious event that brings together dental professionals from across the globe to celebrate excellence in the field of dentistry. With its fourth annual gala, the Denobi Awards promises an unforgettable evening of recognition and appreciation for industry stars who have made exceptional contributions to the dental profession.

This premier celebration serves as a platform to toast the achievements of outstanding individuals and organizations that have demonstrated excellence, innovation, and dedication in advancing dental healthcare. From groundbreaking research to transformative clinical practices, the Denobi Awards honor those who have left an indelible mark on the dental industry and have helped shape the future of oral healthcare.

Nominations for the Denobi Awards take place annually from October 1st to December 31st, providing an opportunity for the dental community to recognize and nominate deserving candidates for their remarkable accomplishments. As tickets for the gala are now on sale, dental professionals are encouraged to secure their seats and be part of this historic event. For more information and to reserve your spot, visit the Denobi Awards website at www.denobiawards.com and join in celebrating excellence in dentistry.



"Winning a Denobi Award is unlike anything else in dentistry as winners join an elite group of leaders at the forefront of change and innovation. We're proud this is not a popularity contest -- instead, it is focused on giving honor where honor is due and bringing awareness to the outstanding initiatives the nominees are taking part in."

Sonya Dunbar, Co-Founder



"Denobi Shortlisters and Winners have gone on to do amazing things around the world! For some, it's been instrumental in advancing their careers. For others, it's helped them launch organizations, kickstart initiatives, receive funding, and work toward legislative and industry change. Big things are on the way for The Denobi Awards program, and we're excited to make an even bigger impact in the future!" -

Melissa Turner, Co-Founder

CHEW ON THIS



Rhodene Leydekkers
RD(SA)

The Surprising Connection Between Oral Health and Gut Health

When considering our overall health, we often overlook this dynamic duo that quietly shares a profound relationship. In a time where growing research highlights the significant role of gut health in various aspects of well-being, there is an interesting finding: your gut health is closely tied to your oral health, and vice versa. The seemingly separate realms of gut and oral health are surprisingly interconnected, influencing each other in ways you might not have imagined.



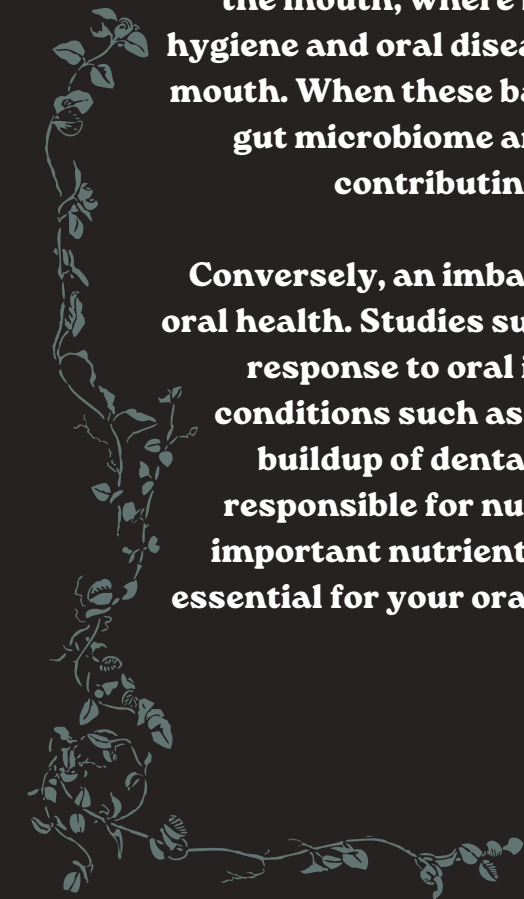
The Oral Microbiome

The human mouth is a bustling ecosystem, home to several thousand diverse microorganisms collectively known as the oral microbiome. Although it might sound a bit creepy, these microorganisms play a vital role in maintaining good oral health. However, an imbalance in the oral microbiome can lead to various issues, including cavities, gum disease, and bad breath.

The Gut Microbiome

Meanwhile, the gut is host to an even more diverse and extensive community of microorganisms collectively known as the gut microbiome. This complex ecosystem is essential for digestion, nutrient absorption, and immune system regulation. Recent studies have shown that the composition of the gut microbiome can influence various aspects of health, including metabolism, mental health, and immune function. There are also links between the gut and increased risk for heart diseases, diabetes and kidney diseases, and it is thought to be due to chronic inflammation that can start in the gut.

The Oral-Gut Connection



So how are the two connected? Research has unveiled a surprising link between the oral microbiome and the gut microbiome. The journey begins in the mouth, where bad bacteria can enter the digestive system. Poor oral hygiene and oral diseases can lead to an overgrowth of harmful bacteria in the mouth. When these bacteria enter the gut, they may disrupt the balance of the gut microbiome and cause damage to the lining of your gut, potentially contributing to inflammation and gastrointestinal issues.

Conversely, an imbalance in the gut microbiome can have repercussions for oral health. Studies suggest that gut health can influence the immune system's response to oral infections and may play a role in the development of conditions such as periodontal disease. A disrupted gut can also lead to a buildup of dental plaque, and tooth decay. As mentioned, your gut is responsible for nutrient absorption and digestion as well. Absorption of important nutrients like Calcium, Vitamin D and Vitamin A, which are all essential for your oral health, is compromised when the gut is not in a healthy state.



Tips for Improving Both Oral and Gut Health

1. Maintain Good Oral Hygiene:

Regular brushing, flossing, and dental check-ups are essential for a healthy mouth. This not only prevents cavities and gum disease but also helps maintain a balanced oral microbiome. Talk to your dental health-care provider about proper oral hygiene practices!

2. Consume a Balanced Diet:

A diet rich in fiber, fruits, vegetables, lean proteins, healthy unsaturated fats and probiotics promotes a healthy gut microbiome. These dietary choices can positively influence both oral and gut health. High fiber foods like brown rice, oats, bulgur wheat, barley, quinoa, whole wheat bread, whole wheat pasta, potato and sweet potatoes. If you are unsure whether a product is high in fiber, have a look at the label. Anything that is higher than 6 g/100 g of fiber is a good option to pick. Fiber is fuel for your gut bacteria to thrive and create diversity. Probiotics are also essential for gut health, as they help to increase the good bacteria in the gut, and can be found in fermented foods like yogurt, kombucha, sauerkraut, miso and kimchi.

3. Limit Sugar and Processed Foods:

Excessive sugar intake can lead to an overgrowth of harmful bacteria in the mouth and gut. Limiting the consumption of sugary and processed foods benefits both oral and gut health.

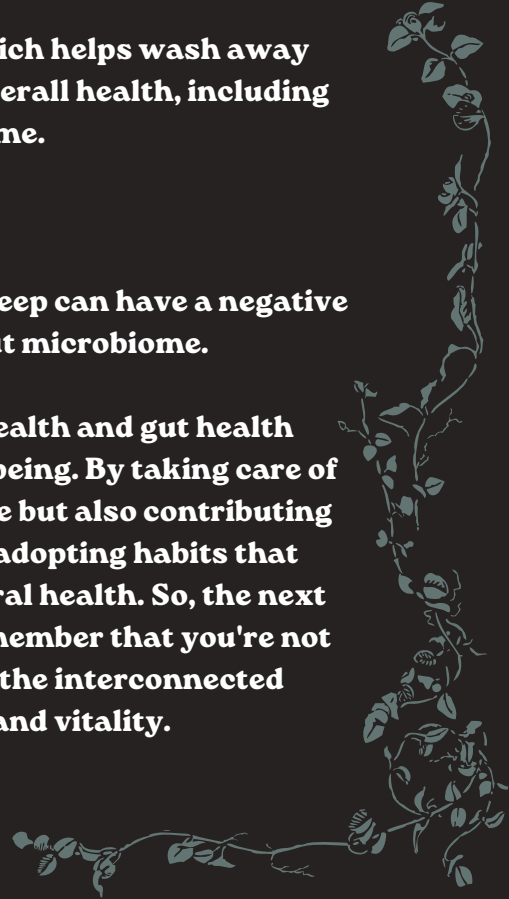
4. Stay Hydrated:

Drinking plenty of water supports saliva production, which helps wash away bacteria in the mouth. Proper hydration is essential for overall health, including the health of the oral and gut microbiome.

5. Get enough sleep

Sleep is essential for so many aspects of health. A lack of sleep can have a negative impact on your immune system, as well as your gut microbiome.

Understanding the intricate connection between oral health and gut health emphasizes the importance of a holistic approach to well-being. By taking care of your teeth and gums, you're not only preserving your smile but also contributing to the health of your entire digestive system. Similarly, adopting habits that promote a healthy gut can have positive effects on your oral health. So, the next time you brush your teeth or choose a nutritious meal, remember that you're not just caring for one part of your body - you're nurturing the interconnected systems that contribute to your overall health and vitality.





The Founders

Melissa K. Turner

Melissa K. Turner is a seasoned dental hygienist and visionary entrepreneur with over 20 years of experience. Known for her dynamic leadership and forward-thinking approach, Turner is a sought-after executive, consultant, and speaker in the dental industry.

As the founder of multiple companies and a founding board member of influential organizations like the American Mobile & Teledentistry Alliance, Turner is at the forefront of industry innovation. She leads initiatives such as the Cellerant Best of Class Hygiene Awards and co-founded events like The Denobi Awards and the National Mobile & Teledentistry Conference.

With her influencer persona, @thetoothgirl, Turner has built a global network through the I Heart Dentistry Network, advocating for inclusive practices and practitioner well-being. Her commitment to transforming dentistry through technology, inclusion, and collaboration makes her a driving force for change in the field.

The Founders

Sonya Dunbar

Sonya Dunbar is a dynamic force in the realm of dental care and geriatric health, renowned for her TEDx talks and groundbreaking initiatives. With over 25 years of experience spanning private practice, academia, and marketing, Sonya has established herself as a trailblazer in the field.

Armed with a Master's Degree in Healthcare Administration and dual licensure in Georgia and Florida, she has dedicated her career to improving oral hygiene among seniors.

As the Founder and CEO of The Geriatric Toothfairy and Co-Owner of Mobile Dental Xpress, Sonya is at the forefront of innovative solutions to address the dental needs of the aging population. Through her tireless advocacy and educational programs, she sheds light on the often-overlooked issue of poor oral health in seniors and spearheads initiatives to make quality dental care more accessible.

Additionally, as a Co-Founder of The National Mobile Dentistry Conference and the American Mobile Dentistry Alliance, she fosters collaboration and innovation within the mobile dental community.

Sonya's influence extends beyond her professional endeavors, as she is also a sought-after public speaker, business coach, and motivator. Her dynamic presence and impassioned advocacy inspire others to pursue excellence and make a positive impact in their fields. With her unwavering dedication and pioneering spirit, Sonya Dunbar continues to lead the charge in saving seniors from the perils of poor oral hygiene, leaving an indelible mark on the world of dental care and beyond.



Effective Strategies for Addressing Patient Complaints in Dental Practice



Dr. Pratyusha Kondath

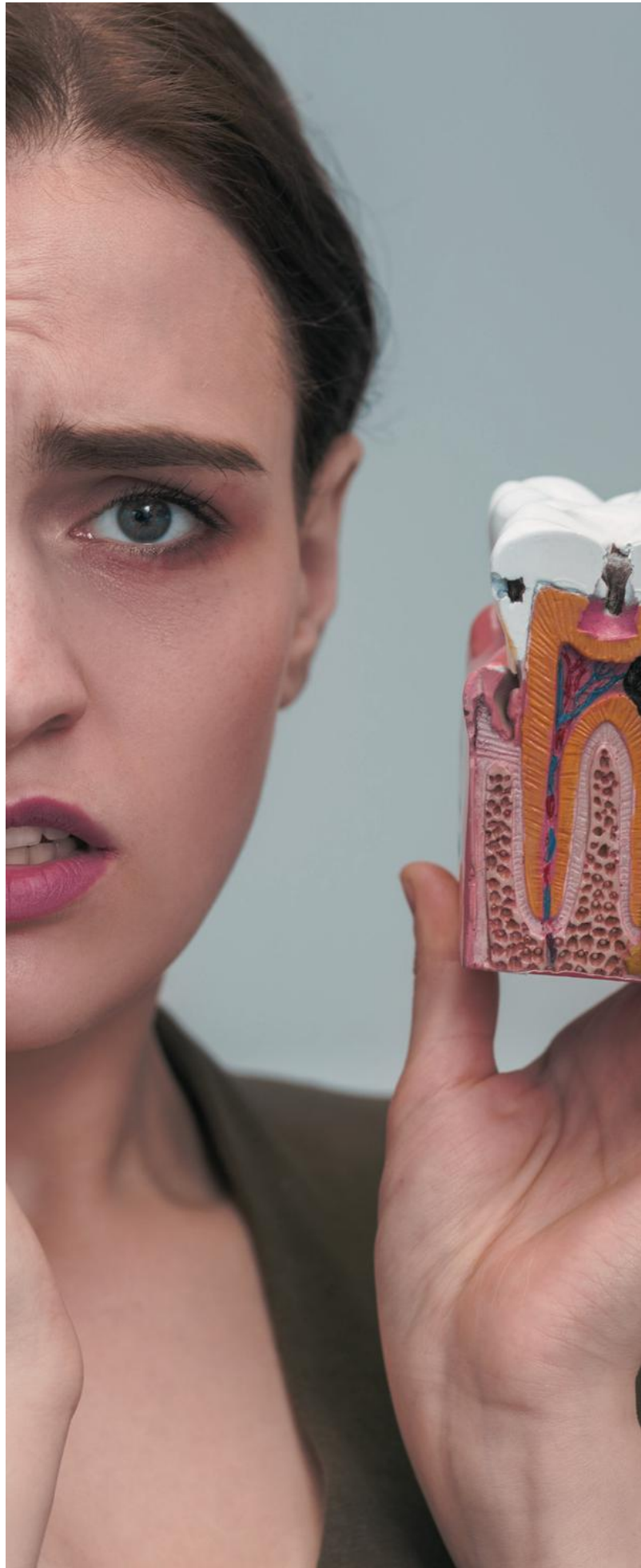
Listen actively:

When a patient raises a concern or complaint, it's crucial to actively listen to them without interruption. Create a safe and welcoming environment that encourages patients to express their concerns openly. Show empathy towards their situation and acknowledge their feelings, demonstrating genuine concern for their experience.

It's important to keep in mind that patients may not always have the full picture or might be misunderstanding something. Even in such cases, it is still important to follow the above steps and listen to their concerns. By doing so, you can help patients feel heard, valued, and respected, and facilitate positive outcomes in resolving the matter.

Communicate transparently:

Transparency is critical in effectively resolving patient complaints. Clearly communicate the steps you will take to address their concerns, and provide realistic timelines for resolution. Be honest about any limitations or challenges in addressing the issue, and assure the patient that their feedback is valued and taken seriously. By providing transparency in your approach, you can help build trust and confidence with patients, and reduce their frustration. It's important to keep patients updated throughout the process, and ensure that they are satisfied with the outcome.





Get to the root of the problem:

When a complaint is received, it's important to conduct a thorough investigation to understand the root cause of the issue. This may involve reviewing patient records, consulting with staff members involved, and gathering relevant information to gain a comprehensive understanding of the situation. Ensure that the investigation is conducted in a respectful manner that does not hurt the feelings of any patient or colleague.

By conducting a thorough investigation, you can gain valuable insights into the problem and develop a plan of action that addresses the root cause.

Re-Build trust:

A sincere apology can be instrumental in diffusing tension and rebuilding trust with the patient. Regardless of the nature of the complaint, it's essential to offer a genuine apology for any inconvenience or dissatisfaction experienced by the patient. Express remorse for the impact of the issue on their experience and assure them that steps will be taken to address the matter promptly.

This can help to rebuild trust and confidence with the patient, and reduce the likelihood of negative word-of-mouth publicity. Above all, it's important to remember that every patient interaction is an opportunity to deliver exceptional care and service, and build strong, long-lasting relationships with your patients.

Take prompt action:

Once the root cause of the complaint has been identified, it's essential to take swift action to rectify the situation and prevent recurrence. This may involve implementing new protocols, providing additional training to staff members, or making necessary adjustments to the patient's treatment plan. Keep the patient informed throughout the process and follow up to ensure their satisfaction with the resolution.

By doing so, you can demonstrate your commitment to delivering exceptional care and help build trust and confidence with the patient. Additionally, by taking proactive steps to prevent similar issues in the future, you can help create a culture of excellence and continuous improvement within your dental practice.

Follow up:

After resolving the grievance, it's essential to follow up with the patient to ensure their satisfaction with the outcome. Demonstrate your commitment to their well-being by checking in on their progress and addressing any lingering concerns or questions they may have.

A proactive approach to follow-up reinforces your dedication to patient care and helps rebuild trust and confidence in your practice. This can lead to increased patient loyalty and positive word-of-mouth referrals, benefiting your practice in the long run.



Dana Paladino, BS, BSDH, MS
Owner of Dental Hygiene Basics and
Host of the Dental Hygiene Basics Podcast

"Buy Now, Pay Later"

The Price We Pay to Become a Dental Hygienist

Do you remember life before and during dental hygiene school? If you ask most dental hygienists, they will tell you those were some of the most difficult times of their life. We all assume the golden ticket to happiness awaits us when we finally receive our dental hygiene degree. Yet, the rise of burnout in the dental hygiene profession suggests otherwise. Reflecting on my time in formal dental hygiene education, I started to wonder, does burnout start post-graduation or sometime before?

Dental hygiene school has the potential to create subconscious habits that might lead to burnout later in our careers. It all starts with the decision to apply. Seats in these schools are coveted and limited, which leads us on a journey to create the perfect dental hygiene avatar of ourselves. This avatar strives for the best grades, experiences, and reference letters to ensure acceptance into dental hygiene school. Errors and setbacks during this time often diminish our confidence levels and push us harder to become the "perfect" candidate.

That avatar doesn't disappear once accepted, but often grows until it is difficult to separate one from the other. There is a unique dental hygiene subculture that normalizes the need for perfection, to never make mistakes, and that failure is unacceptable. Sometimes this is exacerbated by the faculty, but oftentimes these invisible pressures are placed on ourselves. These pressures combined with the unparalleled rigors, sleepless nights, and mental breakdowns are all considered normal on this journey to becoming a dental hygienist.

As a dental hygiene educator, I was very aware of the shift in my students from day one to graduation day. The students went from starry-eyed and fresh-faced to sleep-deprived and caffeine-riddled. After several years of this lifestyle, how can we expect people to shed these subconscious habits and become thriving, well-adjusted dental hygienists who understand balance and self-worth? The goal is to become a dental hygienist, but the price we pay is not considered until burnout occurs.

Is it possible that dental hygiene school culture turns passionate entry-level professionals into future burnt-out, hygiene haters? It is a question worth considering. However, with the increase of burn-out also comes an increase in awareness. The number of people sharing their burnout stories on social media alone are helpful in combating this issue. The rise in dental hygiene coaches who specialize in burnout also shows an overwhelming need for this type of support. I think it is important to consider where these habits start and address them sooner.

I encourage any students who are embarking on this journey to consider the stressors they will face and prepare for them before the first day of school. Finances, learning disabilities, and mental health issues should be addressed prior to acceptance when possible. A solid foundation in self-care, mindset, and spirituality can also strengthen a student's resolve in the hardest of times. Just as we can learn to become dental hygienists, we can also learn how to care for ourselves. We can build a foundation in prioritizing our mental and physical needs before it is too late. With self-care practices, support, and preparation, it's possible to grow from a dental hygiene student into a skilled hygienist who is mentally and physically prepared for what comes after graduation.



THE SHORTLIST



**Aaron
Glick**



**Aditi
Agarwal**



**Alexander
Rubinov**



**Alison
Lacoursiere**



**Alison
Norris**



**Amol
Nirgudkar**



**Amy
Wood**



**Bethany
Montoya**



**Brandon
Rodgers**



**Brian
Colao**



**Brian
Laskin**



**Charles
Moser**



**Chris
Carson**



**Chris
Phelps**



**Chrissy
Ford**



**Christy Jo
Forgarty**

BIOGRAPHY

ALLISON NORRIS

CEO & Founder of The Dentele Group



"Despite achieving milestones like spearheading product launches and training hygiene teams across the Southeast, my career as a dental hygienist left me unappreciated. I knew my clinical journey had to end in 2018. I began working remotely at a dental billing organization. There, I helped develop the consulting division. I was recruited by an orthodontic tech startup and became the Director of Development. I faced unexpected setbacks including the abrupt halt of my salaried paycheck. Despite the self-doubt that followed, I persisted, I leveraged my innate sales and networking skills to launch **Dentele Group**. I connect companies in the dental industry that are hiring non-clinical positions with talented candidates who share their values. I also mentor **dental professionals** who are looking to transition into a **non-clinical career path**. I am passionate about helping people find their purpose and potential in the dental industry.

I am motivated by inspiring others to recognize their value and know their **worth**."



THE SHORTLIST



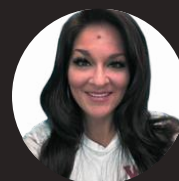
**Dana
Watson**



**DeAnna
Randall-
Alexander**



**Dee Dee
Meevasin**



**Eileen
Day**



**Eric
Block**



**Esther
Oyetoro**



**Gary
Bird**



**Glenn
Vo**



**James P.
Mulvahill**



**Janet
Crosswhite**



**Jennifer
Bell**



**Jessica
Gore**



**Jessica
Woods**



**Jill
Nesbitt**



**John
Comisi**



**Jonathan
Bonanno**

BIOGRAPHY

BETHANY MONTOYA

BAS, RDH



Bethany Montoya, BAS, RDH is a practicing dental hygienist with 12 years of clinical experience. Like many professionals, she found herself at a career crossroads during the COVID-19 pandemic and developed a desire to expand her work beyond patient care. She began writing for RDH Magazine in 2021 and as she became a regular contributor, she slowly gained recognition as a key influencer within the industry. Currently, she practices as a dental sleep medicine provider, offers writing coaching services for dental professionals, provides consulting expertise for dental companies, sits on the advisory board for RDH Magazine, and serves as editorial director for Clinical Insights, a daily clinical newsletter by **DentistryIQ**. In addition, she creates content for her social media brand called **@humanrdh**, an Instagram account that focuses on the human aspect of dental hygiene, professional development, and alternative careers for the RDH.

Human relationships have been the driving force behind Bethany's professional journey. Her passion for people is what originally led her to a career in healthcare and has motivated her to support her colleagues as a mentor and educational ambassador. She believes that every practitioner deserves to experience clinical success, professional advancement, and life fulfillment. Recently, she was nominated and shortlisted for the Denobi Awards, aimed to recognize influencers within the dental industry for their contributions to the profession. Being given this honor has been a humbling experience and confirms to Bethany that she is operating within her unique abilities to better the field of dental hygiene.



THE SHORTLIST



**Josalyn
Sewell**



**Joshua
Scott**



**Karan
Nijhawan**



**Kay
Huff**



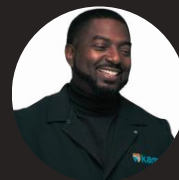
**Kevin
Henry**



**Kim
Kutsch**



**Kimberly
Culp**



**Kwane
Watson**



**Linda
Miller**



**Margaret
McGuckin**



**Maria
Kunstadter**



**Marianne
Dryer**



**Marilyn
Sandor**



**Mark
Doherty**



**Mark
Hyman**



**Matthew
Petchel**

BIOGRAPHY

MARILYN SANDOR

DDS, MS



Dr. Marilyn C. Sandor, DDS, MS, is a visionary leader in pediatric dentistry, renowned for her innovative spirit and entrepreneurial endeavors. Founding Naples Pediatric Dentistry in 2001, she swiftly became a pioneer in the field, introducing revolutionary products like **ZOOBY** prophylaxis angles and advancing virtual care solutions through her creation of **the GoodCheckup® Corporation** in 2020. Dr. Sandor's dedication to healthcare equity is evident in her advocacy work and philanthropy, particularly in supporting diabetes research. Her remarkable contributions have earned her nominations for prestigious awards, solidifying her legacy as a transformative figure in the realm of oral healthcare.

With an unwavering commitment to excellence and a passion for improving patient outcomes, Dr. Sandor continues to push the boundaries of teledentistry virtual care. Her innovative initiatives for providing access to quality care inspire positive change within the dental community and beyond. Through her visionary leadership and groundbreaking achievements, Dr. Marilyn C. Sandor remains at the forefront of shaping the future of dentistry, leaving an enduring mark on the field and the lives of countless individuals worldwide.



THE SHORTLIST



**Misty
Mattingly**



**Nade
Bozhinova**



**Noah
Levine**



**Noel
Paschke**



**Paige
Mead**



**Sanjukta
Mohanta**



**Shamik
Vakil**



**Shavonne
Healy**



**Shawn
Zajas**



**Sheena
Hinson**



**Shelley
Brown**



**Sonia
Chopra**



**Stephanie
Nightingale**



**Susan
Leckowicz**



**Susan
Rountree
Schlessinger**



**Suzanne
Cano**

BIOGRAPHY

Stephanie Nightingale

Registered Dental Hygienist



Stephanie Nightingale, RDH, CEO, and Founder of Stimmie, brings over 15 years of industry experience to her entrepreneurial endeavors. Fueled by her astute understanding as a discerning consumer and her unwavering commitment to deliver the highest standards of quality, Stephanie identified a unique opportunity within the dental industry that addressed both practical and aesthetic needs.

After three years of innovating and 32 iterations later, she's developed the world's first premium, packable, **reusable toothpick-Stimmie**. A proprietary product launching Spring 2024 on shopstimmie.com. Inspired by her patients in clinical practice, she recognized a demand among those who find the task of flossing tedious and technique-sensitive.

When it comes to oral care products, the majority of her patients desire simplicity and instant gratification. So she made it her mission to change how things are designed and end the era of throwaway toothpicks. **Stephanie Nightingale's** innovative **Stimmie** epitomizes intelligence and sophistication, reflecting her steadfast dedication to streamlining oral care routines, while enhancing the overall user experience. In her own words, "I reimagined a better way for people to pick their teeth after eating. Additionally, I felt a moral obligation to continue to help people with gum disease and plaque control. But above all, it had to be durable and look great. It's just smart." Her personal flair for sharing all things oral health can be found on IG [@itstimmie](https://www.instagram.com/itstimmie).



THE SHORTLIST



**Terry
Grant**



**Tom
Raish**



**Thomas
Viola**



**Whitney
Deitz**



**William
Trout Jr**



UNIVERSITY OF MINNESOTA
Driven to Discover®



Wilson Martino Dental



Hayley Zulkowsky, RDH, BSDH, CDHC

The Impact of Breathing on Face Shape: Understanding the Link and Seeking Solutions

Have you ever considered that the way you breathe could play a significant role in shaping your face? From the alignment of your teeth to the overall structure of your jawline, breathing habits have far-reaching consequences.

In this article, we delve into the intriguing connection between face shape and breathing, exploring how one affects the other and what can be done to address potential issues.

The Relationship Between Breathing and Face Development:

Many of us may not realize that the way we breathe can influence the development of our facial features. Notably, breathing primarily through the mouth can alter the natural progression of face development. The tongue, a powerful muscle, plays a crucial role in maintaining the proper alignment of facial bones. When breathing is predominantly through the mouth, the tongue is pushed down and back, rather than resting in its optimal position on the roof of the mouth.

The Consequences of Improper Face Development:

The repercussions of improper face development due to mouth breathing are extensive. Affecting various aspects of oral health and overall facial structure, these consequences include:



Teeth Misalignment: The absence of proper tongue support leads to teeth coming in crooked, disrupting the natural alignment.

Bite Irregularities: Misaligned teeth contribute to an incorrect bite, impacting the way the upper and lower jaws fit together.

Jaw Complications: Incorrect jaw alignment forces the face to compensate, often resulting in a receding chin and a long, narrow appearance.

Airway Restriction: Improper facial development can lead to a smaller airway, potentially causing breathing difficulties.

Posture Issues: The need for compensation in facial structure can lead to poor posture and a tilted head.



The Ideal vs. Unnatural Face Characteristics:

Understanding the connection between breathing habits and facial development allows us to recognize the signs of unnatural face characteristics. An improperly developed face may exhibit:

**Crooked Nose
Receding Chin
Jaw Setback, Creating a Long Narrow Face
Smaller Airway
Poor Posture
Open Lips
Head Tilted Forward**

In contrast, a face that develops naturally through proper breathing should showcase:

**Straight Nose
Straight Chin
Wider Face
Closed Mouth Posture
Well-Developed Jaw Line and Cheekbone Structures
Addressing the Issue:**

The question then arises: What can be done to prevent or correct these issues? The answer lies in orofacial myofunctional therapy. Orofacial myofunctional therapists specialize in retraining the muscles of the face and tongue, addressing improper habits and promoting optimal facial development.

The intricate relationship between face shape and breathing sheds light on the importance of paying attention to how we breathe. From early childhood, ensuring proper breathing habits can positively influence facial development, leading to a harmonious and well-balanced appearance. For those already grappling with the consequences of improper development, orofacial myofunctional therapy emerges as a promising solution, offering a path to retrain and optimize facial muscles.

breathe

FEATURE ARTICLE

**DR. ANDREA
LORENA
BASUALDO
ALLENDE**

Dr. Andrea Lorena Basualdo Allende's journey in dentistry is a testament to her commitment to excellence, patient-centered care, and continuous improvement. With over 13 years of experience, her professional trajectory has been marked by key milestones that have shaped her into a leader in healthcare quality auditing, clinical dentistry, and healthcare management. In this article, we delve into her multifaceted expertise, her contributions to public health, her insights on digital health, and her aspirations for the future of dental care.





Professional Journey:

Dr. Basualdo Allende's journey began with a profound realization: dentistry isn't just about technical skills but also about providing quality care and ensuring a positive patient journey. Her experiences treating pregnant women and geriatric patients as part of the Chilean GES Oral Health program ignited her passion for improving dental care quality. She acknowledges the lack of emphasis on quality and person-centered care in her education but has since become a champion for change. Her internships at Harvard and Bupa Sanitas Clinics in Spain further honed her skills in management, user experience, and quality assurance.

Transitioning into her role as a Quality Auditor of Healthcare Institutions was a gradual process fueled by her observations of recurring management mistakes and their impact on patient outcomes. Dr. Basualdo Allende's background in clinical restorative restorations and endodontics uniquely positions her to understand the intricate nuances of dental care and contribute to healthcare auditing.

Multifaceted Expertise:

Her expertise in endodontics and clinical restorations allows her to take a holistic approach to patient care, ensuring seamless coordination between different specialties and improving treatment outcomes. She emphasizes the importance of clear communication among dental specialists and the need for shared decision-making with patients.

Dr. Basualdo Allende integrates her medical studies into her practice, prioritizing comprehensive patient assessments and considering the bidirectional relationship between oral and systemic health. She advocates for greater integration between dental and medical professionals to provide holistic patient care.

Healthcare Management and MBA Specialization:

Her training in health management and MBA specialization in health have been instrumental in shaping her approach to dentistry and quality auditing. Dr. Basualdo Allende emphasizes the importance of quality management in clinical settings, highlighting the need for a comprehensive understanding of quality principles to effectively manage healthcare services.

She envisions a future where healthcare management is synonymous with quality care, emphasizing the role of technology in enhancing patient experiences and improving treatment outcomes.

Digital Health and Quality:


Dr. Basualdo Allende sees tremendous potential in digital health technologies such as teledentistry and AI for improving preventive care and treatment accuracy. She stresses the importance of digital health literacy and equitable access to technology for marginalized populations.

She believes that digital health plays a crucial role in ensuring patient-centered care and enhancing treatment effectiveness. By leveraging technology, healthcare providers can optimize workflows, reduce errors, and improve patient satisfaction.

Accreditation in Healthcare:

Dr. Basualdo Allende underscores the significance of accreditation in maintaining high standards of care and patient safety in dental settings. She highlights the importance of continuous quality improvement and teamwork in achieving and maintaining accreditation.

Accreditation not only ensures compliance with standards but also fosters a culture of excellence and accountability within healthcare institutions.



Global Perspective:

Her participation in clinical meetings at the European level has exposed her to best practices in dental care and quality auditing. Dr. Basualdo Allende emphasizes the importance of proactive prevention, effective communication, and interdisciplinary collaboration in delivering high-quality care.

Insights gained from international experiences have influenced her approach to quality auditing, leading to the adoption of innovative practices and continuous improvement initiatives.

Role in Public Health:

Dr. Basualdo Allende recognizes the critical role of oral health in overall public health and advocates for greater integration between dental and medical services. She emphasizes the importance of preventive care, lifestyle counseling, and early disease detection in promoting population health.

Dental professionals can contribute to public health initiatives by prioritizing preventive care, advocating for healthy lifestyle habits, and addressing systemic health concerns during dental consultations.

Language Proficiency and Cultural Awareness:

Her proficiency in multiple languages facilitates effective communication and cultural understanding within the healthcare community. Dr. Basualdo Allende emphasizes the importance of linguistic diversity in fostering trust and collaboration among healthcare professionals and patients.

Cultural awareness enhances healthcare management and auditing by promoting inclusive practices, effective communication, and patient-centered care.

Infections Associated with Healthcare:

Dr. Basualdo Allende's expertise in infection prevention informs her approach to ensuring a safe and sterile environment in dental care settings. She emphasizes the importance of hand hygiene, personal protective equipment, and sterilization protocols in preventing infections and ensuring patient safety.

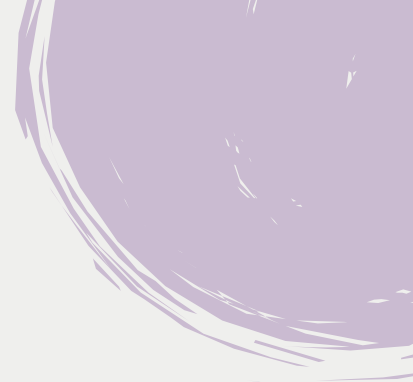
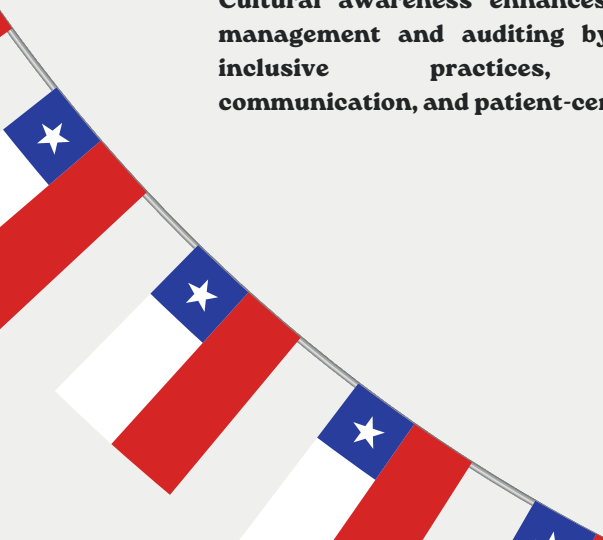
By implementing rigorous infection control measures, dental professionals can mitigate the risk of healthcare-associated infections and maintain high standards of care.

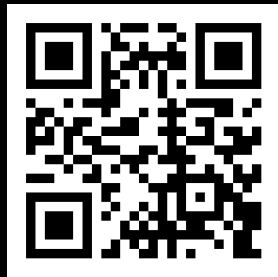
Future Aspirations:

Looking ahead, Dr. Basualdo Allende aspires to work internationally in quality dental care management and contribute to advancements in dental care and healthcare quality. She envisions a future where dentistry embraces digital innovation, prioritizes preventive care, and integrates seamlessly with other healthcare services.

She advocates for greater attention to quality management in dentistry, increased collaboration between dental and medical professionals, and ongoing innovation in preventive care and treatment modalities.

In conclusion, Dr. Andrea Lorena Basualdo Allende's dedication to quality, innovation, and patient-centered care sets a high standard for dental professionals worldwide. Her multifaceted expertise, global perspective, and commitment to continuous improvement make her a trailblazer in the field of dental care and healthcare quality auditing. As dentistry continues to evolve, Dr. Basualdo Allende's insights and aspirations will undoubtedly shape the future of dental care and healthcare quality.





FEB '24

DENTE

MODERN DENTISTRY
WWW.DENTEMAGAZINE.SITE