

# Fairfield County Hygiene Club

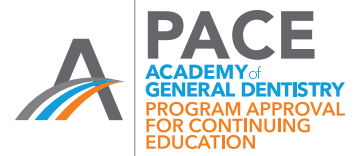
# 24 FCHC SEASON 25

Continuing education's best kept secret

Dear Colleague,

We are pleased to introduce the lineup of Evening Seminar Speakers for the FCHC 2024-2025 season. We look forward to a year filled with thought-provoking topics, expert speakers, and lively discussions

– Rui “Ray” Ma , DMD and the Team of Fairfield County Hygiene Club.



SEPT  
19  
2024

Evening Seminar ◉  
**Easwar Natarajan, BDS, DMSc**  
**Common osseous pathology: pathogenesis, clinical/radiographic features & diagnosis**

**Course Description:** This is a 2-hour presentation that will cover osseous pathology commonly encountered in practice and discuss their underlying pathogenesis. The seminar will use concepts underlying bone homeostasis, and our bone’s responses to developmental stimuli, inflammation, infection, & neoplasia to discuss the clinical and radiographic features associated with specific entities. At the conclusion of this session, when presented with a clinical scenario, attendees will be able to:

- Explain concepts underlying the change in bone architecture and arrangement
- Apply the foundational concepts of bone regulation & pathology in the diagnosis



NOV  
12  
2024

Evening Seminar ◉  
**Mary Frances, RYT**  
**A Mindful Approach to a Work-Life Balance**

**Course Description:** Do you find that some days are more stressful than others? Are you feeling the tension in your body? Learn tools to be mindful and present, creating a harmonious balance for both work and personal life. During our time together we will incorporate exercises to in mindfulness, active listening, meditation and movement. Leave feeling calm and at ease and bring the tools back the office to share with your colleagues and home with your family. Each participant receives a meditation/movement card to display at home or in the office along with a positive affirmation card as a reminder to take a pause, breathe and be present.



JAN  
15  
2025

Evening Seminar ◉  
**Tom Viola, R. Ph., C.C.P.**  
**Waiting to Inhale? – Will Cannabis Challenge the Dental Professions as Tobacco Has in the Past?**

According to the DEA, cannabis is considered to have no accepted medical use and, thus, it is illegal to possess. Yet, almost every state has enacted legislation aimed at legalizing or decriminalizing cannabis for medical or recreational use. Despite this rise in social and legal acceptance, public health concerns regarding the use of cannabis remain, especially among dental professionals, since the major routes of administration of cannabis involve the oral cavity. This program will introduce dental professionals to the pharmacology of cannabis, including its various dosage forms, routes of administration and adverse effects. Special emphasis will be placed on the effects of cannabis use on oral health and dental treatment, as well as the proposed use of cannabis in dentistry for the management of patient anxiety and odontogenic pain.



**APR  
29  
2025**

Evening Seminar •  
**Brittney Murphy, RDH, Certified Orofacial Myologist**  
**Myofunctional Therapy: Fundamentals and Applications in a Dental Setting**

This evening seminar introduces the principles and practice of Myofunctional Therapy, focusing on identifying orofacial muscle dysfunction. Participants will explore techniques to improve oral posture, breathing, chewing, and swallowing, aiming to enhance overall health and function. This course provides dental professionals with the knowledge and skills to incorporate a Myofunctional Therapy referral into their practices.

## Registration and Payment Options

**Chelsea Sotomayor**

RSVP: [fcddc@sonickdmd.com](mailto:fcddc@sonickdmd.com)

Tel: 203-254-2006

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Office Dentist (s): \_\_\_\_\_

Address: \_\_\_\_\_

### Payment Options: Early birds: \$160 - After August 15th: \$200

Please find a check, payable to 'FCHC' enclosed for the total amount of \$160 (Earlybird registration, valid until August 15th). After Aug. 15th, the amount is \$200

Please bill my credit card for the amount of \$160 / or \$200 after Aug. 15th.

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

CVV Code: \_\_\_\_\_

**CE Credits** : 10

**Location:** **Conference Center**  
Fairfield County Implants and Periodontics  
1047 Old Post Road, Fairfield, CT 06824

**Benefits** :

- World-Class Education in Fairfield
- Continuing Education Credits
- Increased Interdisciplinary Interaction
- Catered Gourmet Meals
- Networking Opportunities
- Direct Access to Dental Specialists
- One-On-One Mentorship with World Renowned Dental Leaders

“ Instruction ends in the school-room, but education ends only with life. ”

- Frederick W. Robertson

Find more information at [www.fcdconline.com](http://www.fcdconline.com)

**Fairfield County Dental & Hygiene Clubs**