



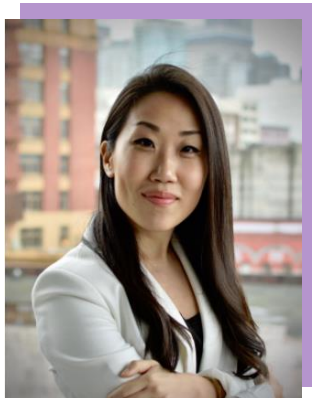
# MDHA Student Summit Spectator

Submitted by: Kaitlyn Machado, RDH, BS  
MDHA Vice President, Mentor Liaison & Student Engagement Committee Member

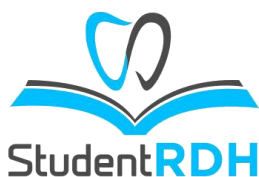
## Who's Coming to the Summit?

Claire Jeong, RDH, BS, MS

*Yes, Claire is back for the third year!*



She's the founder and CEO of StudentRDH – Dental Hygiene Board Review Solutions. A great resource when studying for your boards. StudentRDH has mock board exams, reviews, videos, studying and memory techniques, and so much more! In addition, she created DentalToaster, for dental professionals to learn and earn continuing education credits required for licensure. We are thrilled to welcome her back again!



Massachusetts Dental Hygienists' Association  
Student Newsletter  
December 2021 Edition 3.2

## Back to the Drawing Board

MDHA is busy planning your 3<sup>rd</sup> Annual Student Summit. We have new sponsors, returning speakers, and tons of fun surprises!

## Save the Date

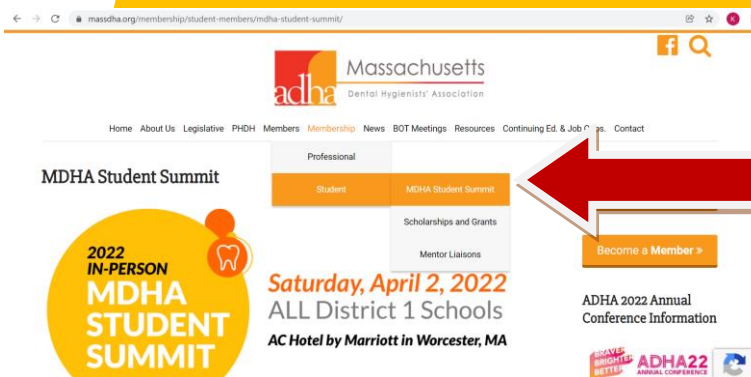
*April 2, 2022*

*AC Hotel by Marriott in Worcester, MA*

*In-person Student Event*

*\*Check out each month's Student Summit Spectator Newsletter for further details on The Student Summit!*

Check out you MDHA Student page at  
<https://massdha.org/membership/student-members/>



*Want to be spotlighted on the next Student Newsletter?*  
*Share what your DH school is doing this semester or why you chose dental hygiene... Email us at: [mdhastudentnewsletter@gmail.com](mailto:mdhastudentnewsletter@gmail.com)*

# Member Moment

## Katherine Do, RDH - MCC Alumni - MDHA Secretary

Katherine Do grew up as one of seven children. She was the first person and the oldest daughter to graduate from college in her family. Katherine graduated from Salem State University prior to studying Dental Hygiene at Middlesex Community College in Lowell, MA. She has been practicing dental hygiene for 7 years and counting. She says "I found that my profession allowed me to balance work and still be present for my large multigenerational family." Also, Katherine has been fortunate enough to attend many ADHA annual sessions held all over the United States. "At these conventions, I'm able to not only travel to a new place, but connect with other hygienists nationally, receive continuing education credits, and grow professionally."

"Initially, I took that time and experience home to provide better care of my patients. But because of my passion of helping others, it led me to want to serve my association locally. I am now serving as the secretary for MDHA. The thought of being part of an association seem so foreign at the time but really it starts with something as small as wanting to help. In the end, it's helped me by being a better hygienist for my patients, a better friend to my colleagues, and become part of a professional community much greater than I could ever imagine. The profession of Dental Hygiene has changed my life in so many ways and I'm forever grateful for it."



## What is Hope & Comfort

Hope and Comfort is a non-profit out of Needham, MA. Their focus is on fighting against hygiene insecurity. What does that mean? Individuals and families in our community can not afford daily hygiene products that we all use every single day. This can involve shampoo, soap, or even a toothbrush. These products are easily taken for granted. Individuals who are enrolled in the Massachusetts S.N.A.P Program (formally known as the Food Stamp Program), are unable to purchase non-edible items such as toothpaste. This is where Hope and Comfort come in. They collect donated full size hygiene products and create individual hygiene kits for children (and families) of all ages. Each hygiene kit includes at least a bar of soap, a toothbrush, toothpaste, shampoo and deodorant.

At this year's Student Summit, we ask you all to bring at least one full-size hygiene product to donate to help fight against hygiene insecurity. The school with the most donated products will receive a prize!

*Registration details will be sent out late January/Early February!*



### Board Review Questions

*(Answers below)*

1. Which antibiotic drug is contraindicated during pregnancy?  
A) Penicillin  
B) Tetracycline  
C) Erythromycin  
D) Amoxicillin
2. Which of the following is not a functional activity of the digestive system?  
A) Mechanical Digestion  
B) Chemical Digestion  
C) Replication  
D) Absorption
3. Which structure is the natural pacemaker of the heart?  
A) Sinoatrial (SA) Node  
B) Atrioventricular (AV) Node  
C) Purkinje Fiber  
D) Aorta

For more information, visit our website at <https://massdha.org> or <https://massdha.org/membership/student-members/>

Like us on Facebook @ADHA Massachusetts

Join our Facebook Group: ADHA Massachusetts

Contact [mdhastudentnewsletter@gmail.com](mailto:mdhastudentnewsletter@gmail.com)

Stay Tuned for additional details on your Summit!

