

Carol A. Jahn, RDH, MS

Director Professional Relations & Education,
Water Pik, Inc., a wholly owned subsidiary of
Church & Dwight, Inc

cjahn@waterpik.com | 708-899-1886

[Click here to access Carol's webinars](#)

Speaker, Author, Industry Leader



Presented courses at ADHA Annual Meeting, Chicago Midwinter, California Dental Meeting, Greater New York, International Symposium on Dental Hygiene, RDH UOR Yankee Dental Meeting

Published over 100 papers including Access, e-Village, RDH Magazine. Chapter editor to several textbooks including Clinical Periodontology, 10th, 11th, 12th, 13th eds.



2013 ADHA/J&J Award of Excellence
Past Treasurer, ADHA
Past Delegate to International Federation of Dental Hygiene
Past President, IL DHA

Vaping, Nicotine, & Tobacco: Facts, Stats, Trends

Course description: Does it seem as though even less people report cigarette smoking that the use of other tobacco products is increasing? Today, more high school students vape than smoke regular cigarettes. Many partake in multiple forms of tobacco including hookahs and spit tobacco. Flavored products add to the appeal. This course will examine the changing trends in tobacco and nicotine use, and how it is impacting oral and systemic health.

Topics Covered:

- Cigarette smoking in youth and adults
- The rise in the use of vaping/e-cigarettes
- The emergence of Juul® and heat-not burn cigarettes
- Hookahs and Snus
- Impact on oral health
- Smoking and tobacco related cancers
- Screening patients for oral cancer
- Tobacco prevention and cessation
- Tips for talking with patient about tobacco use

Learning Objectives

- Describe the changes in tobacco, nicotine, and cigarette use over the last decade
- Identify the negative oral and systemic health effects from tobacco & nicotine
- Evaluate the potential risks of vaping, hookah, and snus
- Discuss the role of dental professionals in tobacco prevention and cessation
- Understand the oral and systemic health risks from tobacco use

Length: Can be tailored to 1, 2, 3 or 4 hours

Presented by: **Carol Jahn, RDH, MS** | cjahn@waterpik.com

©20211 Water Pik, Inc. a wholly-owned subsidiary Church & Dwight, Inc.

The Dental Hygienists' Role in Risk-Based Periodontal Therapy

Course description: Working with periodontal patients to achieve optimal outcomes can be a big clinical challenge. Advances in research indicate that the successful prevention and treatment of periodontal disease hinges on assessing and managing the factors that increase a patient's risk periodontitis and its' progression. This course will examine the factors that increase the risk for periodontitis, review the AAP Staging & Grading process, and create talking points for greater treatment acceptance

Topics covered:

- AAP Classification System/Staging & Grading
- Risk assessment: smoking, diabetes, biofilm
- Gingival inflammation & bleeding
- Periodontal debridement/SRP/Maintenance
- Personalized self-care strategies
- Communication & behavior change

Learning Objectives

- Understand the role of staging & grading
- Discover the power of skilled inquiry when taking patient histories
- Utilize the patient history to personalize care
- List the key risk factors for the risk, severity, and progression of periodontitis
- Evaluate the research on periodontal debridement
- Discuss the role of evidence-based standards in clinical care
- Develop key messages and strategies for motivating patients
- Recommended personalized self-care strategies/products

Length: Can be tailored to 2, 3 or 4 hours

Presented by: **Carol Jahn, RDH, MS** | cjahn@waterpik.com

©2021, Water Pik, Inc, a wholly-owned subsidiary of Church & Dwight, Inc.

Understand the New AAP Periodontal Classification System

Course Description: In 2018, the American Academy of Periodontology and the European Federation of Periodontology introduced a new periodontal disease classification system; the first revision in classifications since 1999. This webinar will review the essential elements of the new system, focus on the role of the dental hygienist in executing this classification at the clinical practice level.

Topics:

- Personalized medicine
- Periodontal health vs disease
- Staging and grading
- Integration into the dental hygiene process of care

Learning objectives:

- Understand the concepts of staging and grading and how it fits into the dental hygiene process of care
- Provide a personalized patient approach to the assessment and treatment of periodontitis
- Discuss the benefits of early identification of periodontitis and the ability to predict treatment responses

Length: 1 hour webinar

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

Emerging Trends in the Link Between Oral & Systemic Health

Course description: Does having periodontal disease increase the risk of cardiovascular disease, adverse pregnancy outcomes, cancer, or even Alzheimer's Disease? Multiple studies have found periodontitis is associated with cardiovascular disease. Recent findings in the *Journal of the National Cancer Institute* found that severe periodontitis was associated with a 24% increased risk for cancer. This course will review the current evidence on the link between oral and systemic health, and provide talking points for communicating this information to patients.

Topics covered:

- Cardiovascular disease
- Adverse pregnancy outcomes
- Colon cancer
- Alzheimer's disease/dementias
- Diabetes & obesity
- HPV and oropharyngeal cancers

Learning objectives:

- Understand the current scientific perspective on causality and association and how it relates to the oral systemic link
- Discuss the role of periodontitis, inflammation, bleeding, and tooth loss on cardiovascular disease and adverse pregnancy outcomes
- Evaluate emerging data on the link between periodontal disease and the risk for various types of cancers
- Develop talking points for patients linking oral health to systemic health
- Personalize self-care strategies and products to reduce inflammation

Length: Can be tailored to 1, 2, 3, or 4 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

That's Not What I Learned in School 2.0

Course description: Did you learn that floss is the magic elixir preventing everything from caries to bone loss? Or perhaps you are still providing 'routine care' that includes yearly radiographs and fluoride treatments. While education provides the foundation, it depreciates over time as new research, therapies, and treatments emerge. This course will empower you to move out of your comfort zone and feel confident adopting new evidence-based strategies for everyday patient care.

Topics covered:

- Evidence-based care
- New AAP Classification system
- ADA/FDA recommendations on radiographs
- Emerging data on the use of lead shields
- Antibiotic stewardship
- Minimally invasive techniques for cavitated and noncavitated lesions
- Self-care strategies

Learning objectives

- Discuss the role of evidence in making treatment decisions
- Explain the importance of staging and grading in classifying periodontitis
- Examine how risk plays a role in determining appropriate intervals for recare appointments, radiographs, and fluoride treatments
- Understand the importance of antibiotic stewardship
- Identify the best strategies for caries management
- Recognize the limitation of dental floss

Length: Can be tailored to 2, 3, or 4 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

Dealing with Difficult People: Strategies for Managing, Patients, Co- workers, Bosses

Course description: Do you have a patient that you feel you can never please? A co-worker/employee who always seems to have an attitude? Or a boss who pressures and challenges you at every turn? You are not alone. Everyone has had to face the challenge of dealing with a difficult person. This course will help you develop effective strategies to help you feel more confident and empowered to take control, manage the situation, and have a more enjoyable work life.

Topics covered:

- Confidence
- Personal presence/body language
- Learning to say no
- Responding vs reacting
- Dealing with conflict
- Workplace rights

Learning objectives:

- Understand the benefits of responding vs reacting
- Identify strategies to maintain poise and self-control
- Discover the role of presence in developing confidence and personal empowerment
- Discuss learning ways to say no for greater patient influence
- Explain workplace rights

Length: Can be tailored to 1, 2, 3, or 4 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

©2021, Water Pik, Inc, a wholly-owned subsidiary of Church & Dwight, Inc

Five Essential Skills Every RDH Needs in the Age of Uncertainty

Course Description: The Coronavirus pandemic brought to the surface and deepened the growing unhappiness and dissatisfaction many dental hygienists are having with clinical practice. While it is tempting to play the ‘blame game’ – the doctor, the office manager or your professional association, the key to restoring the value of the dental hygienist lies within ourselves. This course will explore how five essential skills can help you regain your love of dental hygiene and lead you to your best life at work and home.

The Five Essential Skills:

- Curiosity
- Effective Communication
- Shared Responsibility
- Adaptability
- Kindness

Learning Objectives:

- Understand how curiosity helps us know our patients better and drive life-long learning
- Describe the importance of sharing the responsibility for identifying and discussing a patient’s oral health needs
- Evaluate and improve communication skills to increase acceptance of recommendations and treatment
- Recognize the dynamic nature of clinical practice and the state of current practice standards
- Examine the importance of kindness and empathy towards ourselves, our patients, and our co-workers.

Length: Can be tailored to 1, 2, or 3 hours

- Does contain a clinical component

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

Inflammation, Chronic Disease, and Oral Health

Course description: 80% of adults have at least one chronic condition and 68% have 2 or more. What is the underlying cause of this malady? Chronic inflammation. It has been shown to contribute Alzheimer's Disease, inflammatory bowel disease, colon and pancreatic cancer and more. Oral inflammation is often overlooked as a potential risk factor. This course will explore the link between inflammation, chronic disease, and oral health.

Topics:

- *P. gingivalis*, the keystone pathogen
- Oral and gut microbiome
- Biology of chronic inflammation
- Dementia and cognitive decline
- Colon & pancreatic cancer
- Inflammatory bowel diseases
- Personalized strategies to prevent oral inflammation

Learning Objectives

- Identify the role *p.gingivalis* and other pathogens play in brain inflammation
- Examine how *p.gingivalis* may contribute to a dysbiotic gut microbiota
- Discover how the gut microbiome plays a role in immune function
- Evaluate the research showing how periodontal disease may worsen cognitive decline and inflammatory bowel diseases, and play a role in colon and pancreatic cancer
- Discuss the role periodontal therapy and good oral hygiene may have on brain and GI health

Length: Can be tailored to 2, 3, or 4 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

The Oral Microbiome and the Link to GI Health

Course Description: Emerging studies are starting to show a strong link between oral health and gut health. Periodontal bacteria have been shown to worsen inflammatory bowel disease and potentially play a role in the development of colon cancer. This course will examine the emerging evidence on how the oral microbiome and subsequent inflammation play a role in gastrointestinal health

Topics:

- *P. gingivitis*
- Inflammation and immune function
- Dysbiosis
- Inflammatory bowel diseases
- Colon cancer

Learning objectives:

- Understand how *p.gingivalis* may contribute to a dysbiotic gut microbiota
- Explain how oral inflammation plays a role in worsening Crohn's disease and ulcerative colitis
- Evaluate the research linking periodontitis to colon cancer and pancreatic cancer
- Discuss the role periodontal therapy and good oral hygiene may have on gastrointestinal health

Length: 1 -2 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

Poor Oral Health and Cognitive Decline

Course Description: By 2030, about 1 in 5 adults will be aged 65 and older. Around 60% of this demographic will have some form of periodontal disease. More than 5 million will have Alzheimer's disease. Recent scientific findings have found that the periodontal pathogen, *p. gingivalis* can invade and inflame areas of the brain affected by Alzheimer's Disease. Other studies have found that people with oral inflammation have increased cognitive decline. This course will examine the emerging evidence linking periodontal health and Alzheimer's disease.

Topics:

- Types of dementias and cognitive decline
- Risk factors
- *P. gingivalis* and the herpes virus
- Inflammation and brain atrophy
- Comorbidities

Learning objectives:

- Discover of the potential role of *p.gingivalis* and the herpes virus in brain inflammation
- Evaluate the research showing how periodontal disease may increase the risk and/or worsen dementias and cognitive decline
- Discuss the role periodontal therapy and good oral hygiene may have on brain health

Length: 1 -2 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com

Unraveling Floss: Separating Fact from Fantasy

Course description: Do you have patients that cannot or will not use string floss? Data indicates that less than 30% of our patients floss and even less can do it a level that attains a health benefit. This leaves a great number of our patients at risk for future or worsening periodontal disease and potential systemic health effects. Therefore, finding a product that a patient will like and use on a daily basis is essential. This course will review the number of products available for interdental cleaning and help dental professionals recommend the product best suited for a person's individual needs, wants, abilities, and lifestyle

Topics covered:

- Dental floss/floss holders
- Interdental brushes
- Wooden sticks/toothpicks
- Water Flossers
- Safety

Learning objectives:

- Explain the 2016 facts and fallacies surrounding string floss
- Understand what constitutes a systematic review and its role in evidence-based care
- Discuss the safety and efficacy of string floss, interproximal brushes, wooden sticks, toothpicks and water flossing
- Recommend with confidence, products based on individual need and ability

Length: Can be tailored to 1 or 2 hours

Presented by **Carol Jahn, RDH, MS** | cjahn@waterpik.com