

From the Podium

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histories, evidence based care, and good communication and listening skills. There is no magic formula for the perfect dental hygiene experience. It takes hard work and consistency. Kristine recognizes the “victim” mentality that often accompanies dental hygiene. She hears such statements as, “When organized dentistry does xyz, our profession will be better,” or “Why doesn’t ADHA do

abc, then I’ll join,” or “Why doesn’t my team support me more?” Many hygienists practice this “victim” mentality, which is a real concern for the profession, and one Kristine addresses in her presentations.

Kristine feels that providing the latest information at each presentation is important, and this often presents a challenge at a conference. Since many speakers must submit their handouts months before a meeting, Kristine is often adjusting her programs with the latest information just prior to a meeting. Even though this may conflict with the information previously submitted, Kristine feels the latest information is vital.

Kristine received her associate’s degree in dental hygiene from New Hampshire Technical Institute in Concord, and graduated with a bachelor’s in organizational management from Daniel Webster College 10 years later. Because she waited years to complete her degree, Kristine encourages all second-year dental hygiene students to pursue a bachelor’s or graduate degree program immediately. “If you wait, life continues, priorities shift, and the goal of an advanced degree may slip through your grasp. I think it’s unfortunate to live life with unmet dreams.”

She began presenting CE programs to share information not taught in dental hygiene school about esthetics and esthetic hygiene. Following in the footsteps of Lynn Miller, RDH, and Linda Nash, RDH, Kristine picked up the torch of esthetic hygiene and brought it into the mainstream. She started in 1995 when few meeting planners and hygienists understood the relationship between esthetics and hygiene. Kristine then began writing, teaching and consulting. She is an active member of ADHA, AACD and ADEA, and is the author of the book *Demystifying Smiles: Strategies for the Dental Team*, published by PennWell Publishing.

Kristine feels her favorite part of presenting is the research and preparation. She constantly learns and relearns information. Then she learns again from her audiences. She feels it is a great way to spend a few hours with fellow professionals, learning, and growing together! She feels truly privileged every time she speaks, and she hopes to make other dental professionals feel the same way by enlightening participants about the sages and sirens of the profession.

While Kristine has a passion for her husband, Mark, children, Catherine and John, her friends, and the simple things in life, her overall passion is balance. To define this, she uses an analogy — life is like juggling balls. In life, people juggle both glass and rubber balls. Knowing which is which is the key to balance. If you drop a rubber ball it will come back, but if you drop a glass ball it is gone forever. The key is to decide which you want to keep. For more information about Kristine and her programs contact her at kahodsdon@aol.com.