

**Bio:**

After years of practicing traditional dental hygiene and witnessing the profound impact it has on oral health, I dove deeper into the realm of orofacial function and embarked on a journey to become an Orofacial Myofunctional Therapist. Every day, I am inspired by the transformative power of Myofunctional Therapy. Witnessing the positive impact it has on my patients' lives fuels my dedication to this specialized field. It brings me immense joy to see patients gaining confidence in their smiles, speaking more clearly, and experiencing improved breathing patterns. The holistic nature of Myofunctional Therapy allows me to make a lasting difference in the overall well-being of my patients.

I have been actively engaged in the field of Dental Hygiene since 2012. I currently hold a position with the American Dental Hygienists' Association, which reflects my commitment to professional development and active involvement within the industry. I've had the privilege of participating in volunteer work with Project Smile, an international organization, in Belize, Central America. Additionally, I gained valuable insights into international healthcare through observational experiences in Istanbul, Turkey. Beyond my myo and dental pursuits, I take pleasure in traveling, indulging in lake activities, cherishing moments with loved ones, and participating in community events. I have an amazing husband, two wonderful daughters, and a dog who thinks he is human. I am extremely blessed to be surrounded by a supportive group of friends and family.

I am thrilled to be part of this dynamic field where dentistry and orofacial function converge. As a Dental Hygienist now practicing Myofunctional Therapy, I look forward to making a lasting impact on the lives of my patients, improving their overall oral health, and helping them achieve optimal function and well-being.

**Course Description:**

This course is designed to help dental professionals understand the basics of myofunctional therapy and the importance of airway health. Come join us in training our eyes to view the mouth as a portal to your overall health. The dental hygienist is considered the "agent of change" in the office, and by learning about myofunctional therapy, the hygienist can make a bigger impact in the lives of patients by focusing on root cause resolution. This course teaches the basics of myofunctional therapy, how to screen for myofunctional impairment, and how to start having conversations

in the operatory immediately! This course also educates dental hygienists on tongue-ties, the importance of sleep, and how sleep impacts a patient's health.

**Course Objectives:**

- Understand what myofunctional therapy is
- Understand the goals of myofunctional therapy
- Understand and be able to identify orofacial myofunctional disorders in your dental hygiene patients
- Understand how to screen for orofacial myofunctional disorders
- Learn how to add myofunctional therapy to a dental hygiene skillset to serve patients better
- Understanding Tongue-ties
- Understanding the importance of sleep health and how it is related to dentistry