

# WOMEN IN DENTISTRY

VANCOUVER ISLAND  
STUDY CLUB



## WOMEN IN DENTISTRY – VI STUDY CLUB

Collaborating – Connecting – Creating

Welcome to Vancouver Island's new dental study club designed for women dentists in our community. We are excited to launch this program geared to providing education and elevating the standards of care that we provide, in an environment that is collaborative, engaging, and supportive of our members.

Our goal is to bring women in our field together. While many women-centric programs focus on work-life balance, we question whether they are distinct entities in our lives. Our families, our interests and community activities outside of dentistry are our foundation, but our career interests shape our personalities and influence our outward face.

Did the private person you are, influence how you project yourself in your career, or vice versa? In fact, they are so intertwined, it really isn't reasonable to separate them. Career driven women are generally driven in all aspects of their lives. Being career-fulfilled can spill positive energy into one's private life.

## OUR INTENT

This study club is dedicated to bringing like-minded women in dentistry together.

- To share and support each other through a broad education platform focused on clinical and business topics, fostering healthy discussion and debate, while relating this to the importance of our social and family commitments.
- To develop mentor/mentee relationships. Learn from the business and clinical acumen of more seasoned clinicians, and equally important, learn and be stimulated by young clinicians with new skill sets and unique training/education. Find that 'someone' that you can go to with your small or big questions about practice and beyond.



# AGENDA

## Our program fee: \$735 (incl/GST)

You are welcome to pay by e-transfer to: [stacey@videntalspecialists.com](mailto:stacey@videntalspecialists.com)  
or by cheque made out to VI Dental Specialists.

Please reserve time in your schedules for the following meeting dates, as we know that schedules get busy in advance with work, family and holidays:

## Thursday May 30th, 2024

Dr. Sonia Leziy & Dr. Sarah Johnston presentations

## Thursday September 26th, 2024

Kirstin Nickells

## Thursday February 20th, 2025

Dr. Doug Rix

## Friday May 23rd, 2025

Full day program and social event



## VI DENTAL STUDY CLUB ADVISORY BOARD

### OUR DIRECTORS

**Dr. Sonia Leziy:** periodontist, Vancouver Island Dental Specialists

**Dr. Sarah Johnston:** periodontist, Dr. Sarah Johnston Periodontics

*Interested in contributing and being involved in our program development and administration: help us by joining our advisory board.*

**Amber Shaw** - Straumann Group, Senior Dental Territory Manager

**Danielle Coulson** - DDS Healthfirst Dentistry [Parksville]

**Stacey Esau** - Program liaison, Vancouver Island Dental Specialists

# MAY 30, 2024

## DR. SONIA LEZIY & DR. SARAH JOHNSTON PRESENTATIONS



### TOPIC

INTERDISCIPLINARY THERAPY  
COLLABORATING IN OUR COMPLEX CASE MANAGEMENT.

### SYNOPSIS

Providing the best function, health and esthetics for patients with compromised dentitions is challenging and often requires collaboration between the restoring dentist, specialists and technicians.

The challenge becomes even more critical when there have been treatment failures or complications, and when implant placement is to be considered in sites of periodontal disease or where tissues are compromised by other common dental problems.

Our presentation will center on the role of the periodontist in bone regeneration around teeth (guided tissue regeneration), with an understanding of where it should/should not be applied and what we can expect as outcomes.

Using this presentation as a starting point, we will use a case to explore the thought process involved in managing a previously unsuccessful GTR procedure, with restorative and endodontic complications, within the framework of a malocclusion. Join in the conversation and challenge your treatment planning skills.

### PRESENTERS

Sarah Johnston is well known to our Vancouver Island Dental Community having established and collaborated with many of our members in her successful periodontal practice in Courtenay.

While Sonia Leziy has a new and growing periodontal practice in Nanaimo, she comes to the island with a vast experience from her prior North Vancouver practice.

They are excited to collaborate in this event and through the upcoming programs, sharing their knowledge and unique practice perspectives.

### LOCATION

Departure Bay Lounge  
Nanaimo Golf Club  
2800 Highland Blvd  
Nanaimo, BC

### TIME

5:30pm – 6:00pm	Social/beverages and dinner
6:00pm – 8:00pm	Presentation
8:00pm – 8:30pm	Wrap-up and discussion

# SEPTEMBER 26, 2024

## KIRSTIN NICKELLS



### TOPIC

STREAMLINE EVERYTHING YOU DO!  
MAKING OPERATIONS UNBELIEVABLY EFFICIENT

### SYNOPSIS

Kristin Nickells has been working with dentists for over 4 decades! She grew up in a dental family and saw first-hand how difficult it is to deliver excellent healthcare to patients and run a business at the same time!

Her background in business and accounting as well as her Executive Coach Certification at Royal Roads University, along with 40+ years working with dentists in various capacities from Office Manager to coach and consultant has put her in good stead to zero in on ways that dentists and specialists can ease the stress of being business owners, bosses and leaders by streamlining their day to day operations and acquiring many tips and techniques to put in their business and leadership "tool boxes".

In this presentation, be prepared to come away with a full toolbox of ideas (ranging from managing staff to streamlining operations) that you will want to implement immediately into your practices!

### PRESENTER

Kristin Nickells is a Certified Executive Coach and a credentialled (PCC) member of the International Coach Federation. She has worked with dentists and their staff for over 40 years as a coach and a consultant. She runs her own business and as well as coaching dentists and their teams, she has been published many times in various industry publications such as Oral Health Journal and Dental Entrepreneur. She has also published her own educational materials including "The Eight Mistakes Dentists Make" and "How to Be Indispensable". As well as her Graduate Certification in Executive Coaching, she holds a Team Performance Coach certification.

Kristin has presented at Canadian, American and International dental conferences over the last 15 years. She holds two of the highest levels of education as a Toastmaster and coaches for Leadership Vancouver Island.

As retirement approaches, Kristin looks forward to spending more time on the golf course, in her garden, and with her Dachshund, Lily.

### LOCATION

AV Macan Banquet Hall  
Nanaimo Golf Club  
2800 Highland Blvd  
Nanaimo, BC

### TIME

5:30pm – 6:00pm	Social/beverages and dinner
6:00pm – 8:30pm	Presentation
8:30pm – 9:00pm	Wrap-up and discussion

# FEBRUARY 20, 2025

## DR. DOUG RIX

While this is a virtual zoom event - it will not be streamed. It will be broadcast to our group meeting only, with the philosophy that interactive discussion with the speaker, mentors and members will make the education experience more meaningful]



### TOPIC

MYOFUNCTIONAL ORTHODONTICS FOR  
IMPROVED FACIAL GROWTH, AIRWAYS, AND SLEEP

### SYNOPSIS

Myofunctional and breathing disorders contribute significantly to poor facial growth and malocclusion.

Orthodontic treatment has the potential to accomplish much more than straight teeth. Orthodontic treatment that addresses myofunctional and breathing disorders in children and teens can improve facial growth, occlusion, breathing, sleep, speech, eating issues, poor oral habits, TMD, headaches, stability, and more. In adults the same issues can be improved, with the exception of facial growth.

This presentation will cover the etiology of malocclusion and the consequences of myofunctional and breathing disorders along with treatment modalities within myofunctional orthodontics that have the potential to improve health and quality of life in addition to improved alignment and occlusion.

### PRESENTER

Dr Douglas Rix received his DDS from the University of Alberta and his MCLD specialty in orthodontics from the University of Western Ontario and has been practising as a specialist in orthodontics for 25 years.

Over the past 10 years he has centered his practice around airway deficiencies, breathing disorders and orofacial myofunctional disorders as these appear to be the primary etiologies of malocclusion. During this time Dr Rix has adopted or developed a variety of treatment protocols to optimize facial growth, breathing and sleep in children and provide improvements in speech, posture, attention and behavioural issues, and more.

Although the largest group of patients in his office are children from 3 to 9 years of age he also treats teens and adults. When appropriate treatment is provided to young children there should almost never be a need for extraction of permanent teeth or jaw surgery later on. Although more limited than in children, there are many treatment options in older teens and adults to improve issues with breathing, sleep, TMD, headaches, and more.

Dr Rix is passionate about providing treatments that will augment medical therapies to improve overall health and quality of life for his patients. Demand for this kind of treatment is growing and Dr Rix encourages all his colleagues to investigate this scope of treatment and consider including it their practices.

### LOCATION

Departure Bay Lounge  
Nanaimo Golf Club  
2800 Highland Blvd  
Nanaimo, BC

### TIME

5:30pm - 6:00pm	Social/beverages and dinner
6:00pm - 8:00pm	Virtual Presentation
8:00pm - 8:30pm	Wrap-up and discussion

# MAY 23, 2025

HALF-DAY MORNING EDUCATION PROGRAM

FOLLOWED BY A CATERED LUNCH &

AN AFTERNOON EXPLORING YOUR CREATIVE SIDE

[IT'S A SECRET FOR NOW!]



## TOPIC

MULTIPLE MENTOR, ADVISORY BOARD AND MEMBER PRESENTATIONS

- A LOOK AT WHAT CONCEPTS AND PROCEDURES ARE SHAPING OUR PLANNING, TREATMENT AND PATIENT MONITORING.

## SYNOPSIS

A series of short lectures that will keep you alert - improving patient care and practice success through new, progressive and innovative concepts and procedures. Presented by our mentors and those members eager to share their knowledge and experiences.

## LOCATION

**Dr. Sonia Leziy's private residence**  
1533 Dorcus Point Road  
NanOOSE Bay, BC

## TIME

9:00am - 4:00pm



# JOINING THE STUDY CLUB

Please provide the following information for our database.

If you have not already indicated your interest in joining our group, please contact us at [stacey@videntalspecialists.com](mailto:stacey@videntalspecialists.com) or [ambershaw@straumann.com](mailto:ambershaw@straumann.com) to add your name to our member list.

As our program develops, we will create a member-only portal on our website [www.videntalspecialists.com](http://www.videntalspecialists.com) which will keep you updated on our meeting dates/times/locations, a question/answer and dialogue portal, and more to come.

NAME \_\_\_\_\_

PRACTICE NAME/LOCATION \_\_\_\_\_

PRACTICE PHONE NUMBER \_\_\_\_\_

CELL PHONE NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_

PREFERRED METHOD OF COMMUNICATION \_\_\_\_\_

FOOD ALLERGIES \_\_\_\_\_

TOPICS/AREAS OF INTEREST \_\_\_\_\_

\_\_\_\_\_

COMMENTS