



15 CE
CREDIT
HOURS

WOMEN IN DENTISTRY

VANCOUVER ISLAND
STUDY CLUB



year



A GLIMPSE AT
OUR PROJECTED
EDUCATION
PROGRAM

25

26





WOMEN IN DENTISTRY

VANCOUVER ISLAND
STUDY CLUB



Collaborating – Connecting – Creating

Welcome to Vancouver Island's dental study club designed for women dentists in our community. We are excited to continue to explore a broad range of topics in 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 inaugural year achieved the goal of bringing 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 experiences and successes in clinical practice. Being career-fulfilled clearly spills positive energy into our private lives.

Embarking on our second year with the Women in Dentistry – VI Study Club, we look forward to furthering our mission of empowering women in the dental profession. Our community thrives on shared knowledge, mutual support, and the collective drive to advance our skills and standards of care. In the spirit of this mission, we invite you to join us as we continue to create meaningful connections and innovative solutions in the field of dentistry.

VI DENTAL STUDY CLUB ADVISORY BOARD

OUR DIRECTORS

Dr. Sonia Leziy: Periodontist, Vancouver Island Dental Specialists

Dr. Sarah Johnston: Periodontist, Dr. Sarah Johnston Periodontics

Amber Shaw – Straumann Group, Senior Dental Territory Manager

Danielle Coulson – DDS, Masters in Public Health, Parksville Healthfirst Dentistry

Stacey Esau – Program liaison, Vancouver Island Dental Specialists

Interested in contributing and being involved in our program development and administration? Help us by joining our advisory board OR submit topics of interest to help us shape our future programs.

MEETINGS LOCATIONS



THURSDAY EVENING SESSIONS / 3 CE CREDITS EACH

September 18th

Harvest Church, 6553 Portsmouth Road, Nanaimo, BC

November 20th & February 12th

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

Time

5:30pm – 6:00pm Social, beverages, and dinner

6:00pm – 8:00pm Presentations

8:00pm – 8:30pm Wrap-up and discussion

FINAL FRIDAY EVENT / 6-7 CE CREDITS

May 8th

Half-day morning education program followed by a catered lunch & an afternoon exploring our non-dental sides! [It's once again a secret for now!]

Location Dr. Sonia Leziy's private residence, 1533 Dorcus Point Road, Nanoose Bay, BC

Time 9:00am – 3:00pm



REGISTRATION OPEN *Limited Attendance

Our program fee: \$787.50 (incl/GST)

You are welcome to pay by etransfer to: 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.

SEPTEMBER 18, 2025

Dr. Sarah Johnson
Dr. Sonia Leziy
Dr. Kathleen Martin



TOPIC **Dr. Sarah Johnson**

UPDATE ON PERIODONTICS

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.



TOPIC **Dr. Sonia Leziy**

UPDATE ON PERIODONTICS & SMILE DESIGN

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.



TOPIC **Dr. Kathleen Martin**

INTERESTING DENTAL SUBSTITUTIONS

SYNOPSIS

In dentistry, many of our patients present to us as a puzzle. The challenges may range from congenitally missing teeth and hypomineralized molars to dental trauma and developmental malformations. Dental substitutions, where specific teeth substitute to serve as other teeth, may be a suitable treatment option in some of these cases, preventing the need for challenging implants & costly restorative work, or eliminating teeth with a questionable prognosis.

OBJECTIVES

- Explore a series of orthodontic cases highlighting different examples of dental substitutions
- Review the considerations in making the decision to substitute
- Address some restorative factors we should keep in mind

Dr. Kathleen Martin obtained her BSc in Life Sciences at Queen's University and studied Dentistry at Western University. She pursued her orthodontic specialty training at UBC in Vancouver and obtained her MSc in Craniofacial Science and Diploma in Orthodontics. Kathleen is a fellow of the Royal College of Dentists of Canada and is a Diplomate of the American Board of Orthodontics.

Following her three-year orthodontic residency at UBC, she moved to Nanaimo to work in private practice as an orthodontist at Bellamy Orthodontics since 2018. She became a partner at the clinic in 2024 and is finding her groove balancing the responsibilities of being a clinician, practice-owner and mom. For the last 5 years, Kathleen has been an orthodontic consultant on the Victoria Cleft Lip and Palate Team.

NOVEMBER 20, 2025

Dr. Hilary Pada



TOPIC

WE ARE ALL GROWN UP BABIES

SYNOPSIS

Our profession of Dentistry is opening up to the knowledge that the way we breathe and swallow has a major effect on how our faces, jaws, health and body form.

Once you see it, you cannot unsee it!

Dr Hilary Pada spent over 20 years in General Dentistry focussing on Kois Principles of comprehensive diagnosis and care of patients. Through the Kois Center, she was introduced to the path of Integrative Oral Medicine, including Oromyofunctional Therapy and the impact of untreated tethered oral tissues.

When this learning met with her own daughter's health journey of asthma, sleep troubles and a class 2 deep bite with retruded mandible collided with a retractive orthodontic plan in progress.... everything changed. Since 2018 she has trained extensively in growth and development, surgical, appliance-based and multidisciplinary habit correction of a dysfunctional swallow and dysfunctional breathing from infants to adults.

This talk will illustrate these topics with cases from infant to adult and the cascade of symptoms in grown up babies.

PRESENTER

Dr. Pada is an Affiliate of The Breathe Institute, as well as an Ambassador for the American Academy of Physiological Medicine and Dentistry. She is a 2025 Fellow of the American College of Dentists, and ICAP Board of Director 2025-2028.

Although her care base spans all ages, her passion is in early intervention with infant care. She has studied cranial osteopathy and loves sharing clinic with local osteopathic and craniosacral therapy colleagues during surgery and appliance care. She uses Optigenetics (advanced photobiomodulation) in combination with Oromyofunctional Therapy towards tethered oral tissue releases.

Her Involvement with the Applied Integration Academy combines osteopathic principles of care in physical therapy, neuro-optometry and podiatry.

FEBRUARY 12, 2026

Dr. Nathaniel Lawson

In person - VIRTUAL EVENT



TOPIC

MATERIALS AND TECHNIQUES TO IMPROVE YOUR
CONSERVATIVE, ADHESIVE DENTISTRY

SYNOPSIS

Our goal as dental professionals should be to maximize the lifetime of our patients' dentition. Every time tooth structure must be removed with a handpiece, the lifetime of that tooth is reduced.

Conservative dentistry aims to remove as little tooth as possible during restorative procedures in order to better extend the lifetime of each tooth. Adhesive dentistry helps us achieve this goal. Adhesive dentistry allows us to bond to tooth structure such that minimally invasive preparations may be performed. The goal of this course is to discuss conservative treatment options as well as the materials and techniques used to perform these treatments.

For direct restorations, diagnosis, isolation, caries removal, cavity preparation, use of liner, matrix and wedge placement, bonding technique, composite placement, and finishing and polishing will all be reviewed. For indirect restorations, this course will discuss how to select, handle and bond contemporary dental ceramic materials.

The presentation will be based on current evidence collected at the UAB School of Dentistry as well as the current literature, however, the information will focus on tips that can be applied directly in the dental clinic.

OBJECTIVES

- Learn preparation guidelines for ceramic onlays
- Learn bonding protocols for lithium disilicate onlays and crowns
- Learn preparation guidelines for zirconia resin bonded bridges
- Learn bonding protocols for bonding zirconia resin bonded bridge
- Review different types of ceramic materials used for full coverage crowns
- Learn cementation and bonding protocols for zirconia crowns with self-adhesive or RMGI cements
- Discuss design considerations with posterior and anterior bridges
- Discuss material-related esthetic concerns with anterior crowns (implant and natural tooth)
- Learn the best burs for removing ceramic crowns and performing endodontic access through crowns

PRESENTER

Nathaniel Lawson DMD PhD is the Director of the Division of Biomaterials at the University of Alabama at Birmingham School of Dentistry and the program director of the Biomaterials residency program. He graduated from UAB School of Dentistry in 2011 and obtained his PhD in Biomedical Engineering in 2012.

His research interests are the mechanical, optical, and biologic properties of dental materials and clinical evaluation of new dental materials. He has published over 200 peer reviewed articles, book chapters, and research abstracts. He was the 2016 recipient of the Stanford New Investigator Award and the 2017 Innovative Research Fellowship both from the American Dental Association. He served on the American Dental Association Council of Scientific Affairs and is on the editorial board of The Journal of Adhesive Dentistry and Compendium. He has lectured nationally and internationally on the subject of dental materials. He also works as a general dentist in the UAB Faculty Practice.

MAY 8, 2026

CLOSING EVENT



MORNING EDUCATION PROGRAM

Sara Kempner: Photographer

Dr. John North: PhD immunology

Dr. Michelle Lee: Periodontist

Dr. Danielle Coulson: DDS, Masters in Public Health

AFTERNOON LUNCH – *SURPRISE SOCIAL EVENT!*



TOPIC Sara Kempner

MAKING HISTORY: THE FIRST WOMEN AT RED BULL RAMPAGE

PRESENTER

Sara Kempner is a freelance photographer based on Vancouver Island, BC. Originally self-taught in landscape photography, her work has evolved to include sports, events, and commercial projects. While she's often found in the forest capturing mountain biking,

Sara enjoys exploring a wide range of genres and is inspired by the unique people and places she encounters through photography. Whether it's the energy of a crowd, the focus of a solo athlete, a starry night sky, or a pod of orcas, Sara is happiest outdoors—with a camera in hand.



TOPIC Dr. John North

HEALTH IMPACTS OF THE ORAL MICROBIOME

SYNOPSIS

As the scientific understanding of the human microbiome matures, specific evidence increasingly demonstrates the importance of the oral microbiome in the health of our whole body.

Our dental and gut microbes have critical roles in the development and function of our brain, immune systems and metabolism. New approaches to many serious health disorders are being evaluated.

PRESENTER

Dr. John North After undergraduate studies in Chemistry & Biochemistry at the University of Cambridge, England, John North undertook a PhD in Immunology at the same University. After a dozen years doing scientific research in Immunology and Virology at Universities in the UK and at Berkeley, California he started a 30-year career developing novel pharmaceuticals, working in UK, France, California and BC. He retired to the Comox Valley after nearly a decade leading a UBC spin-off biotech company creating a new type of drug to control inflammation and infection. He taught a course on the Human Microbiome at the ElderColleges in Parksville and in Comox from 2016 to 2022 and was Chair of Comox Valley ElderCollege from 2022 – 2025.

MAY 8, 2026

CLOSING EVENT



TOPIC **Dr. Michelle M. Lee**

MANAGING THE COMPROMISED DENTAL IMPLANT:
FROM LABIAL MALPOSITION TO PERI-IMPLANTITIS

SYNOPSIS

With dental implant prevalence increasing, along with the varying skill levels of clinicians placing implants, we are seeing more cases with less than ideal outcomes. From implant malposition to peri-implantitis, we face challenges in achieving an aesthetic outcome and to maintaining implant health and stability.

This presentation will use clinical case examples to demonstrate how to improve the aesthetic outcome of labially positioned or angulated implants and how to surgically address peri-implantitis.

OBJECTIVES

- Identify cases that may benefit from hard and/or soft tissue grafting to improve the aesthetic outcome
- Demonstrate a surgical strategy to address peri-implantitis
- Learn the limitations of these strategies
- Identify when removal of the implant is best

PRESENTER

Dr. Michelle M. Lee received her dental degree from McGill University and her GPR certificates from the University of Washington. Following her hospital training, Dr. Lee completed the Graduate Periodontics program at University of Washington and returned to Vancouver, B.C. in 2007 to practice with her father, Dr. Kenneth Lee. They practiced together until Dr. Kenneth Lee's retirement in 2012. Dr. Lee is a Fellow of the Royal College of Dentists of Canada, the ITI, and also holds faculty appointments at both UBC and UW.



TOPIC **Dr. Danielle Coulson**

PUBLIC HEALTH AND ITS RELEVANCE TO THE DENTAL PROFESSION

PROUDLY HOSTED BY



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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** 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** 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