



WOMEN IN DENTISTRY

VANCOUVER ISLAND
STUDY CLUB



year

3

A GLIMPSE AT
OUR PROJECTED
EDUCATION
PROGRAM

26

27



WOMEN IN DENTISTRY

VANCOUVER ISLAND
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Collaborating – Connecting – Creating

As we enter our third year, we are proud to continue building a program dedicated to advancing clinical excellence and elevating the standard of care we provide—within an environment that is collaborative, engaging, and supportive.

Our goal is simple – to bring women in dentistry together in a way that reflects the reality of our lives. Rather than separating work and life, we recognize how deeply they are intertwined—our experiences outside the clinic shape how we practice, and our professional growth enriches who we are beyond it.

Driven women bring that energy to every aspect of their lives. This program exists to support that momentum—elevating both our standards of care and our connection to one another

OUR INTENT

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

- **Learn and share:** Engage in clinical and business education, with open discussion that reflects the realities of our professional and personal lives.
- **Build mentorship:** Foster meaningful mentor–mentee relationships—learning from experienced clinicians while staying energized by the perspectives and training of newer dentists.
- **Stay connected:** Create a trusted network where members can turn to one another for guidance, questions, and support—big or small



WOMEN
IN DENTISTRY
VANCOUVER ISLAND
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VI DENTAL STUDY CLUB ADVISORY BOARD

OUR DIRECTORS

Dr. Sonia Leziy: Periodontist, Vancouver Island Dental Specialists

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

Danielle Coulson - DDS, Healthfirst Dentistry

Amber Shaw - Straumann Group, Senior Dental Territory Manager

Stacey Esau - Program liaison, Vancouver Island Dental Specialists



PROUDLY HOSTED BY



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REGISTRATION OPEN *Limited Attendance

AGENDA



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

PAYMENT OPTIONS

E-Transfer to stacey@videntalspecialists.com
Cheque to **Vancouver Island 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 EVENING SESSIONS

Time

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

September 17

Location: Vancouver Island Conference Centre, 101 Gordon St, Nanaimo

November 19

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

February 18

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

FINAL FRIDAY EVENT

Time 9:00am – 3:00pm

May 28

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

SEPTEMBER 17, 2026



PART 1 IMPLANT FUNDAMENTALS

Dr. Sonia Leziy
Dr. Sarah Johnson

PROGRAM OVERVIEW

A co-presented lecture and case discussion format. Focuses on pre-implant decision-making- building a shared framework for candidate selection that GPs can use at the point of referral. Discussion will also focus on post-placement clinical management of peri-implant disease. Cases woven throughout will anchor the content in real decisions.

LEARNING OBJECTIVES

- 1 Apply current classification systems (example ITI SAC) to stratify case complexity and identify referral-appropriate scenarios
- 2 Evaluate local and systemic risk factors – periodontal history, bone volume, tissue phenotype, smoking, diabetes, medications – as part of a structured pre-implant assessment
- 3 Recognize esthetic zone anatomical risks (example ITI ERA) including thin buccal plate prevalence and soft tissue implications for single tooth implants
- 4 Differentiate peri-implant mucositis from peri-implantitis using the 2017 AAP/EFP case definitions and clinical parameters
- 5 Explain the biological mechanisms underpinning peri-implant disease initiation and progression, including the role of biofilm, implant surface characteristics, and host response
- 6 Describe a stepwise management approach to peri-implant mucositis and early-to-moderate peri-implantitis, including the GP's role in monitoring and when to escalate to intervention

Pre-reading case to be circulated (1 week before the session)

SEPTEMBER 17, 2026



PART 2 PEARLS— PEER-LED LEARNING

*Clinical and practice management pearls –
a conversation . not a conference*

Dr. Natalie Pollock

Dr. Tyra Cross

Dr. Margaret Jamieson

Dr Heather Cooke

We welcome additional members to share their 'pearls'

PROGRAM OVERVIEW

A fully peer-driven component of this session where members each share one clinical or practice management pearl – a concept, protocol, material, or workflow that has genuinely changed how they practice.

Not a formal lecture. The value is in the room.

Each presenter gets 7 minutes to share and 3 minutes for questions.

LEARNING OBJECTIVES

- 1 Discover at least 6 clinically or operationally actionable ideas from peers that can be implemented in practice immediately
- 2 Build confidence in sharing clinical reasoning and practice innovations with a peer group in a structured format
- 3 Strengthen connections across the group by hearing directly from our colleagues about what shapes their day-to-day practice
- 4 Identify at least one material, protocol, or workflow to trial.

NOVEMBER 19, 2026

Stephanie Richardson RDA
CEO & Founder – Dental Director Academy



CASE ACCEPTANCE TURNING DIAGNOSIS INTO ACTION

How to improve patient communication, increase trust, and create consistency in treatment presentation and follow-up.

PROGRAM OVERVIEW

Most dental practices don't have a growth problem—they have a clarity problem. With over 20 years of experience, Stephanie has worked her way from receptionist to Director of Operations, giving her a rare, inside-out understanding of how practices truly run.

Today, she helps practice owners and leaders implement simple, proven systems that drive measurable results—stronger teams, higher production, and consistent growth without chaos.

She doesn't just teach growth—she builds operators who can sustain it.

LEARNING OBJECTIVES

Even the most clinically sound treatment plans can stall if patients don't fully understand, trust, or feel ready to proceed. This session is designed for clinicians who want to strengthen the connection between diagnosis and patient action—without feeling sales-driven or inauthentic.

We'll explore the clinical and behavioral side of case acceptance: how patients interpret recommendations, what influences their decision-making, and how subtle shifts in communication can dramatically improve outcomes. You'll gain practical frameworks to present treatment with clarity and confidence, align your team around a consistent approach, and implement simple follow-up systems that ensure diagnosed care doesn't get lost.

This is not about scripts— it's about clinical leadership, patient psychology, and creating an experience where saying "yes" feels natural for the patient.

KEY TAKEAWAYS

- Understand the psychology behind patient decision-making
Why patients delay and what actually moves them forward.
- Strengthen how you present treatment
Deliver recommendations in a way that builds trust, reduces overwhelm, and increases clarity.
- Refine your language without sounding "salesy"
Small communication shifts that feel authentic but have a big impact on acceptance.
- Implement a structured follow-up approach
Move beyond "we'll call them" to a clear system that supports patients in making decisions.

FEBRUARY 18, 2027



The Solventum team

LECTURE AND HANDS-ON SESSION – FILTEK MATRIX

PROGRAM OVERVIEW

Anterior composite esthetic cases can be a very enjoyable part of a dental practice. However, they can also be a time-consuming, difficult, and unpredictable procedure.

In this course, you will learn about a digital workflow resulting in a custom matrix system that reliably allows you to deliver esthetic, predictable, and efficient anterior composite restorations to your patients.

LEARNING OBJECTIVES

- Learn how the new digitally designed Filtek Matrix can help provide predictable, efficient and esthetic anterior composite veneers
- Review case selection and identify benefits to both you and your patients
- Describe the digital workflow steps for a customized anterior matrix system
- Compare different placement techniques recommended with this system
- Explore clinical cases and demonstrate hands-on knowledge of the New Solventum Filtek Matrix
- NOTE: You must have a digital scanner to upload your Filtek Matrix case. If your practice does not have a scanner, your lab can do the scanning for you. The program will touch on the digital portal to walk through the process of uploading the scans.

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MAY 28, 2027
CLOSING EVENT



3 MORNING Sessions: Dentistry & Healthcare

Reza Ghannadan MPT Registered Physiotherapist

Anne Rice BS, RDH, CDP, FAAOSH – writer, speaker, consultant

Dr. Danielle Coulson DDS, Masters in Public Health

Reza Ghannadan

THE PHYSIOTHERAPY MANAGEMENT OF TEMPOROMANDIBULAR DISORDERS

LEARNING OBJECTIVES

- 1 Describe the physiotherapy classification of TMDs - muscle-based, joint-based, and combined and explain how this differs from dental diagnostic frameworks
- 2 Summarize the physiotherapy assessment process for a TMD patient, including cervical spine screening, postural assessment, and manual examination of the TMJ and masticatory muscles
- 3 Identify the physiotherapy treatment modalities used for TMD - manual therapy, exercise, IMS/dry needling, acupuncture, postural retraining and understand the rationale for each
- 4 Explain the role of the cervical spine and posture in TMD symptom generation and perpetuation, and why neck treatment is often integral to jaw pain management
- 5 Recognize patient presentations that are appropriate for physiotherapy referral, and describe what information a physiotherapist needs in a referral to begin treatment effectively
- 6 Outline a co-management model between dentist and physiotherapist for patients with TMD, including communication touchpoints and treatment sequencing

PRESENTER

Reza Ghannadan, MPT Registered Physiotherapist
Attivo physio & wellness center, North Vancouver BC

Bachelor- Kinesiology SFU, University of British Columbia Master's Degree in Physical Therapy. Reza uses a combination of techniques to help his clients in their recovery, including manual therapy, Functional Dry Needling (IMS), education and exercise. He has experience treating individuals from all backgrounds and activity levels including clients with orthopaedic and sports injuries, TMJ disorders, ICBC/Worksafe BC injuries and those ranging in age from pediatrics to geriatrics. Diploma in Advanced Musculoskeletal Physical Therapy (Dip. AMPT) and is a Functional Dry Needling (IMS) Practitioner (FDN-P). Expertise in management of TMJ disorders.

MAY 28, 2027 CLOSING EVENT



Anne Rice

DENTISTRY AND MEDICINE TO REDUCE ALZHEIMER'S RISK THE ORAL CAVITY AND COGNITIVE RISK: A PREVENTIVE FRAMEWORK

PROGRAM OVERVIEW

Alzheimer's disease demands early recognition, interdisciplinary prevention, and informed clinical action. This session highlights the growing evidence linking oral infections, inflammation, and tooth loss with increased Alzheimer's risk, independent of age or other biomarkers.

Attendees will learn how bacterial, fungal, and viral pathogens influence neuroinflammation; how cardiovascular health, metabolic factors, sleep, diet, and genetics shape cognitive decline; and how medical histories reveal critical red-flag risks.

Practical strategies will be emphasized, including evidence-based interventions dental professionals can use to reduce systemic inflammation, support brain-protective behaviors, and strengthen collaborative care.

LEARNING OBJECTIVES

- 1 Describe how oral pathogens and associated inflammatory pathways contribute to the development and progression of Alzheimer's disease.
- 2 Explain how systemic and lifestyle factors—including cardiovascular health, metabolic status, genetics, sleep, and diet—shape cognitive decline and intersect with oral disease.
- 3 Identify red-flag findings in medical histories and clinical exams, and apply evidence-based dental strategies, including insights on tooth loss and implant outcomes, to support long-term cognitive health.

PRESENTER

Anne O. Rice, BS, RDH, CDP, FAAOSH

Writer, speaker, and consultant with more than 35 years of clinical experience. She is the founder of Oral Systemic Seminars, focused on educating clinicians on systemic health and modifiable dementia risk factors through the lens of oral health. She serves on multiple advisory boards, writes for RDH Magazine, and has collaborated with leading institutions including Weill Cornell, FAU Brain Health, and Atria Health and Research Institute.

MAY 28, 2027
CLOSING EVENT



Dr. Danielle Coulson

PUBLIC HEALTH AND DENTISTRY
ZOOMING OUT ON CLINICAL PRACTICE

PRESENTER

Dr. Danielle Coulson, DDS, Masters in Public Health

Danielle Coulson is originally from Lantzville B.C. And has been practicing at Health First Dentistry in Parksville since 2014 after graduation from UBC dentistry. In 2025 Danielle graduated from the London School of Hygiene and Tropical Medicine with a Masters of Science in Public Health. Danielle holds a particular interest in health equity in the population, and how the big public health issues affecting the global population affect us as individuals and the patients we treat.

AFTERNOON

A personal health/growth experience

..... stay tuned

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

