

NMDHA Scientific Session 2026
Berna Facio Professional Development Center
3315 Louisiana Blvd NE, Albuquerque, NM 87110

FRIDAY, OCTOBER 23, 2026

7:30 - 8:15 am: Check- in, Continental Breakfast, and Exhibits

8:15 - 8:30 am: Welcome from NMDHA President Lindsey Lee, RDH, MS, LPN, FADHA

8:30 – 10:00 am:

“Guardians of Health: The Essentials of Disease Prevention”

presented by Katrina Sanders, RDH, BSDH, M.Ed, RF

@TheDentalWINEgeni



Katrina M. Sanders is a clinical dental hygienist, author and international speaker, passionate about elevating the dental profession by creating an undeniable movement that educates, encourages, and empowers the profession to rise in its power. Known as the “Dental WINEgenist™,” she pairs her desire for excellence in the dental profession with her knowledge and passion for wine. She is the Clinical Liaison for Hygiene Excellence at AZPerio, founder of Sanders Board Preparatory and has been published in various publications including RDH Magazine and Today’s RDH. Recently, Katrina proudly received the University of Minnesota Distinguished Alumni Award and the 2024 Sunstar Award of Distinction.

Course Description:

Join Katrina M Sanders as she dives into the latest advancements in disease prevention. This dynamic course explores cutting-edge techniques available to dental hygiene professionals to control, prevent, and manage disease. Participants will walk away with advanced knowledge of futuristic methods in disease prevention, ready to elevate their practice and patient outcomes.

1. Evaluate the current landscape and subsequent evolution of preventive dentistry.
2. Discuss modern trends, techniques and advances in the prevention and control of disease transmission.
3. Identify available techniques and products for use in the disease prevention as well as futuristic trends for the dental professional.

10:00 - 10:30 am: Break and Exhibits Open

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10:30 – 11:30 pm:

“Guardians of Health: The Essentials of Disease Prevention” *continued*

11:30 – 1:00 pm: Lunch, Exhibits Open

Visit the NMDHA Booth
and see how you can make a difference!

1:00 - 1:30 pm: Lindsey Lee, RDH, MS, LPN, FADHA, NMDHA President

“NMDHA Report: State and National Updates”

1:30 – 3:00 pm: Dental Educators’ Meeting. Facilitated by Janaya Bunker, RDH.
M.Ed. Doña Ana Community College.

**WELCOME TO ALL NEW MEXICO DENTAL
HYGIENE STUDENTS AND 2026 GRADUATES!**

Doña Ana Community College

PIMA Medical Institute

San Juan College

University of New Mexico

Please support the HYPAC Raffle

Drawing to be held Saturday, October 24, 2026

Need not be present to win.

The NMDHA HYPAC supports candidates whose political principles promote the highest quality oral health initiatives for the citizens of New Mexico.

Mail donations can be sent to NM HYPAC:
Valoree Althoff, RDH, HYPAC Treasurer,
5 Road 3779 Farmington, NM 87401

FRIDAY, OCTOBER 23, 2026



1:30 – 3:00 pm:

“Ergonomics in Dentistry: Protect your Money Maker”

Presented by Katrina Klein, RDH, CEAS, CPT



Katrina Klein is redefining what it means to have a long, strong, and sustainable career in dentistry. As a CEAS, certified personal trainer, and seasoned practicing dental hygienist, she integrates ergonomics, biomechanics, clinical performance, and whole-body wellness to help dental professionals work with less pain and more purpose. Her passion is elevating the profession—one clinician, one posture shift, and one empowered operatory at a time.

Course description:

Working in dentistry doesn't have to hurt! Stop the aches and pains commonly associated with the practice of dentistry and dental hygiene. Protect your physical health with the use of ergonomic equipment, practical ergonomic strategies, and posture-enhancing exercises with dental specific stretches to reduce workplace pain. Experience this highly interactive program practicing chairside stretches to establish a mind muscle connection for use in a daily release of chronically tight muscles.

1. Explore risk factors for work related pain for the dental clinician.
2. Identify practical solutions for a correct workspace.
3. Identify how to practice comfortably to reduce fatigue and promote safety.
4. Discover posture-enhancing strengthening exercises for injury prevention.
5. Practice workday stretches of chronically tight muscles that can be done chairside.
6. Understand ergonomic equipment, and how it works to prevent injury.

*The **ADHA Foundation** awards thousands of dollars each year to dental hygiene students for educational needs (Scholarships), to those expanding the field of dental hygiene (Research Grants) and to dental hygienists to provide oral health care and education to those in their communities (Community Service Grants). Please be generous in donating to the Foundation. For more information, visit the NMDHA booth.*

SATURDAY, OCTOBER 24, 2026

8:00 - 8:30 am: Check-in, Breakfast, Exhibits



8:30 - 10:00 am:

“The Oral-: Systemic Blueprint Connecting Digestion, Hormones, Nutrition, and Prevention”

presented by Amanda Hale, BSDH, RDH, HIAOMT, NBC-HWC



Amanda Hale is a registered dental hygienist with over 18 years of clinical experience and a strong passion for patient-centered care. She is HIAOMT-accredited through the International Academy of Oral Medicine and Toxicology and is the host of *Functional Roots: The Biological Hygiene Podcast*. Amanda serves as a professional educator and Key Opinion Leader for oral care brands and has contributed to *RDH Magazine* and *Dentistry IQ* with a focus on bridging oral health and whole-body wellness. Most recently, she completed her health coaching program through the Functional Medicine Coaching Academy in partnership with the Institute for Functional Medicine and earned her NBC-HWC credential.

Course description: Explore how functional medicine principles can enhance preventive dental care by addressing digestion, immune resilience, hormonal balance, nutrition, and patient-centered health tracking. This course examines the interconnected relationship between oral and systemic health while providing practical strategies dental professionals can implement to support behavior change, improve patient engagement, and elevate long-term outcomes.

By the end of this course participants will be able to:

1. Explain the relationship between digestion, immune function, and oral health and apply lifestyle-centered approaches to support these interconnected systems.
2. Recognize how hormonal balance influences oral inflammation and oral-systemic outcomes and identify practical lifestyle modifications that support hormonal health.
3. Evaluate how nutritional status and antioxidant balance influence healing capacity, inflammatory burden, and preventive dental outcomes.
4. Assess how at-home health measurement tools can increase patient engagement, accountability, and sustainable behavior change within dental practice.

Congratulations to Elmer E. González, MBA, PhD, RDH, CDA, on receiving the Sunstar World Dental Hygienist Award in Academia for empowering students through community-based service-learning initiatives.



NMDHA Board of Trustees 2025- 2026

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Seeking Nominations: Can you serve?

Please thank our exhibitors and Sponsors!



SATURDAY, OCTOBER 24, 2026



10:00 - 10:30 am: Break and Exhibits

10:30 – 11:45 pm: General Membership Meeting, Elections and Installation

Please attend to hear important information!

12:00 - 1:00 pm: Lunch with Raffle; Exhibits Open

1:00 – 2:30 pm:

“The Intersection of Oral Health and Lymphatic Function”

Presented by Valoree Althoff, MHA, BSDH



Valoree Althoff graduated from the University of New Mexico in 2004 with her BS degree in dental hygiene, and master’s in Healthcare Administration in 2018. She has worked in public health and private practice.

In 2022, Valoree was appointed by Governor Lujan-Grisham to the New Mexico Board of Dental Health Care. Valoree also serves as a national examiner for dental hygiene student board exams for the American Board of Dental Examiners and CRDTS. She has served as president of the NM Dental Hygienist’ Association in 2011-2012 and 2020-2021. Valoree served as District IX Trustee of the ADHA in 2013-2017 and as Speaker of the House of Delegates from 2022-2025.

Course Description:

The lymphatic system is a powerful but often overlooked partner in oral health. This course explores the critical connection between lymphatic vitality and the clinical outcomes dental hygienists observe every day, examining how the lymphatic system regulates immune response, fluid balance, and tissue homeostasis within the oral cavity and can be identified through the oral cancer examination.

Participants will learn how chronic low-grade inflammation compromises lymphatic drainage and periodontal tissue integrity, creating a cycle that accelerates disease progression. The course also introduces a seven-step lymphatic drainage massage protocol with facial technique application that hygienists can incorporate into patient care and home care recommendations.

2:30 – 3:00 pm: NMDHA Board of Trustees Meeting

THE POWER OF US

October is National Dental Hygiene Month