



Mega - Bites

A Quarterly E-Newsletter free to subscribers through the Tennessee Dental Assistants' Association webpage at <http://www.tndaa.org>

Volume 2, Number 1

Winter, 2006

TNDAA Announces Scholarship Program

The Tennessee Dental Assistants Association is proud to announce a new scholarship program. Student members enrolled in ADA accredited or Board approved Dental Assistant programs that will be taking their RDA or CDA exam in 2006, may apply for one of three \$300 Scholarships.

If you are interested in applying for a scholarship, or if you'd like to sponsor a scholarship, you can find the forms and eligibility requirements at <http://tndaa.org/Scholarship.html>. or contact the Chairperson of the Scholarship Committee, Suzanne Dowdle at suzanne.dowdle@murfreesboro.tec.tn.us The application deadline is March 1, 2006.

A HAPPY
NEW YEAR

If you haven't visited www.tndaa.org lately, you might want to check out some new features for the new year!

- Make some resolutions
- Take our PDA/RDA survey,
- Check out the latest district news,
- Read the latest DANB report,
- Find out how to spend a week in Mexico,
- Take a Chemical Dependency CE course on-line (free for members)
- Take a fun dental trivia quiz
- Visit the Classroom Corner – a page just for educators

Visit often and share the excitement! Tell us what you'd like to see on the web and in the Newsletter. E-mail info@tndaa.org

In this issue:

Cover:	Scholarship Program Spotlight On...Dr. Bill Johnson! Web page update
Page 2	Finish Your Degree! Annual Session Preview
Page 3	Guest Feature Article, Andrea Shanks Sponsors
Page 4	DANB "How to Study" BOT Report Calendar of Events
Page 5	Ehmling appointed to DANB Committee News from Knoxville! TDHA Invitation
Page 6	On-line Chemical Dependence CE Course Available Dental Spanish Immersion Class in Mexico Congratulations, Jennifer!
Page 7	Subscription Information Local Meetings planned General information
Page 8	Welcome New Members
Page 9	Guest Feature, David Cunningham

Spotlight on.....

Dr. Bill Johnson

This area is usually reserved for members, but we think Dr. Bill Johnson deserves Honorary Member status. He has taught dental assistants in every corner of the state the educational courses leading to certification in Monitoring Nitrous Oxide Analgesia, Performing Coronal Polishing, and the Application of Sealants. Dr. Johnson has served on the Tennessee Board of Dentistry's RDA Test Construction Committee, and currently serves on the School Rules Committee. Dr. Johnson is a "Gold" sponsor in of the TNDAA Scholarship program. We appreciate his contributions to the profession of dental assisting. If you have taken any of the courses from Dr. Johnson at Chattanooga State or at some other location. Take the time to E-mail drj@dentonline.com and say, "Thank you!!"

**Plan now to attend the
2006 TNDAA Annual Session in
Chattanooga, May 19-21.**



**Schedule of Events for the
2006 TNDAA Annual Session**

Friday, May 19,

8:00-10:00 AM Board of Trustees

1:00-5:00 PM CE Course (See next column)

Saturday, May 20

9:00 Scholarship awards

9:00-1:00 PM General Assembly

3:00-4:30 Educators' Conference

4:00-5:00 PM Student Reception

Visit the TNDAA booth in the Exhibit Hall

For pre-registration information visit
www.tenn dental.org

For more information visit
<http://tndaa.org/AnnualSession.html>

**RDA's Earn Advanced Placement for
Health Services Management Degree**

Your Tennessee Registration as a Dental Assistants is now worth 24 semester credit hours of advanced placement toward an Associate of Science degree in Health Services Management at Chattanooga State Technical Community College. You're almost half way to that degree you've always wanted. Advance in your career! Create more career opportunities for yourself! Most of the courses are available online and some of the courses will even meet your Tennessee RDA CE requirements For more information contact david.knopp@chattanoogaastate.edu

Risk Management CE course

May 19, 1:00 – 5:00 pm
at the TDA/TDAA Annual Session
in Chattanooga

Course Title: Preventing Medical Errors in the Dental Setting: A Guide for Protecting Your Patients and Your Practice

Speaker: Linda Harvey, RDH, MS, LHRM

Continuing Education Credit Hours: 4-hr CEU
Audience: All Dental professionals. Acceptable as CE Requirements for DDSs, RDHs, and RDAs

Fee: \$40 pre-registration, \$55 at the door

Course Synopsis: Medical errors have been identified as one of the nation's leading causes of death and injury. This course addresses federal and state patient safety initiatives and their impact on dentistry. Practical applications for protecting both your patients and your practice from medical errors will be presented. Topics covered will include error reduction and prevention, patient safety laws and root cause analysis. In addition, participants will learn:

1. How to identify error-prone practices and behavior
2. Practical and innovative ideas for safety improvements
3. How to integrate patient safety in the dental office

Course content will include material from the new Dental Risk Prevention for Auxiliaries workbook. Workbooks will be available for purchase on-site with proceeds donated to TNDAA

About the Speaker: Linda Harvey, RDH, MS, LHRM is a practicing Risk Manager with 30 years experience in dentistry. She combines her dental expertise with quality and risk management principles to bring cutting-edge patient safety information into your practice. Linda's background includes clinical practice, education, practice management and risk management. In addition, she has authored home study courses, dental risk prevention workbooks, articles and a career development book. Her educational, enlightening and engaging presentations help dental professionals navigate safely in a sea of change. Linda Harvey is a practicing Risk Manager with 30 years experience in dentistry. Her career in dentistry began as a dental hygienist in 1973 when she graduated from the State University of New York at Farmingdale.

CONSIDERING PUBLIC HEALTH

Written by Andrea Shanks, RDA

First let me begin by introducing myself. My name is Andrea Shanks and I'm a registered dental assistant with the Tennessee Department of Health. My official title is Preventive Services and Clinical Facilities Coordinator, Oral Health Services. It really means that I coordinate the School Based Dental Preventive Program and the public health dental clinics in Tennessee. My previous assisting experience consists of many years of private practice, two years working in the school based program and mobile dental clinic in Mid Cumberland Region and almost two years in my current position.

Everyone in the dental community knows how invaluable dental assistants are to a dental team. We are often the 'glue' that holds the office together. Our patients come to love us and we them. When I worked in private practice, I grew very fond of some of my patients and hated to leave them after many years of care, but somehow I knew the best was yet to come.

As many of you know, dental public health is a safety net for many, especially children, who may have no other place to receive dental treatment. Many of the children we see in our school based program have never been to the dentist before. We are thrilled to provide a happy first experience for them. Trust me, you grow to love their smiles too.

I'm submitting this article to encourage you to consider public health when deciding on a career path. Dental assistants in public health work in two programs. One is the School Based Dental Prevention Program. This program consists of providing dental screenings, referrals, education, exams, sealants and TennCare outreach to children in public schools grades K-8. We take portable dental equipment to the schools and see the children in an environment they feel safe. This program has been an overwhelming success. Last year statewide, we provided one or more of these services to almost 200,000 of Tennessee's children.

Continued in next column...

Support our Sponsors:

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Focus Healthcare
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First Site Staffing

“Public Health” Continued

Dental assistants also work in the public health dental clinics. We have approximately 50 public health dental clinics in Tennessee. We provide comprehensive dental care for children under age 21 and emergency care to adults in most of our clinics. We also have three mobile dental clinics that we take to schools to provide comprehensive care for children. This eliminates the need for parents to miss time from work to take their child for dental treatment. The treatment comes to them. Last year in all our clinics combined, we saw almost 33,000 patients.

As you can see, we are doing great things in dental public health. When you work for public health in Tennessee, you are either a state or county employee with benefits respectively. These benefits include annual and sick leave, retirement, health insurance and much more. So please take a closer look and consider public health!

State applications can be downloaded at www.tennesseeanyttime.com or for regional information; please contact me at Andrea.Shanks@state.tn.us or Dr. Suzanne Hubbard, Director of Oral Health Services at Suzanne.Hubbard@state.tn.us



Plan your Calendar

Jan. 14 - TNDA BOT, Murfreesboro
Jan. 26, 27 - TBD Meeting, Nashville
February - National Children's Dental Health Month
March 1 - Scholarship application deadline
March 5-11 - Dental Assistants Recognition Week
March 23-26 - Thomas P. Hinman Dental Meeting, Atlanta
March 30-April 2 - TDHA Annual Session, Cool Springs
May 18-21 - TDA/TNDAA Annual Session, Chattanooga

Studying for the TNRDA Exam and the DANB CDA Exam: Advice from DANB

Sarah Atkinson, DANB's Project Writer has submitted an excellent article which students and educators will find helpful in preparing for the TNRDA exam. The entire article can be viewed at <http://www.tndaa.org/DANBNews.html> Please share this article with all who might benefit from it.

DANB has also given permission for TNDAA to post the TN RDA exam outline on our website at http://www.tndaa.org/Documents/TNRDA_ExamOutline_09_15_04.pdf

The TNDAA wishes to thank DANB for supporting Tennessee Dental Assistants. Visit www.DANB.org

TNDAA Board of Trustees Report

The TNDAA Board of Trustees met in Lebanon Tennessee, Saturday, October 8th, 10:00 am – 2:00 pm Central time, at the Country Inn and Suites. The following resolutions were passed:

TNDAA-05-01 *Be it resolved that the TNDAA recommend to the Tennessee Board of Dentistry a change in rule 0460-4 that would allow out of state dental assistants with 2 years of experience legally practicing in another state to challenge the TNRDA exam to become registered in Tennessee based solely on that experience (Rationale: DANB currently allows Dental Assistants with 2 years of experience challenge the CDA exam with no minimal educational requirements)*

TNDAA-05-02 *Be it resolved that the TNDAA recommend to the Tennessee Board of Dentistry consideration of a change in rule 0460-4 that would allow Practical Dental Assistants in specialty practices to obtain a limited specialty registration. The limited specialty registration shall not be recognized as the equivalent of the RDA credential in a general dental practice nor in any specialty other than that specified on the registration certificate.*

Continued, next column...

TNDAA Resolutions continued...

TNDAA-05-03 *Be it resolved that the TNDAA recommend to the Tennessee Board of Dentistry a change in rule 0460-4-.08 that would allow PDAs to perform certain specific supportive functions, some of which now appear in the scope of practice for RDA's, including the following list, provided that at least one RDA is present in the office while the tasks are being performed.*

- a. *The instructions of patients in dietary principles*
- b. *The preparation of instrument trays*
- c. *The taking of dental plaque smears*
- d. *The seating and Dismissing of patients*
- e. *The pouring of alginate impressions*
- f. *The trimming of dental casts*
- g. *The retraction of the patients cheek and/or tongue during operative dental procedures*
- h. *The rinsing and evacuation of the oral cavity*
- i. *The transfer of instruments*
- j. *The fabrication of vacuum formed custom trays to include bleaching trays, mouth guards, night guards and custom impressions trays on models of the patients arches*
- k. *The holding of impression material after placement in the patient's mouth by the dentist*
- l. *The placement of amalgam in prepared cavities for condensation by the dentist*
- m. *The extra oral demonstration of oral hygiene procedures and oral health care regimen*
- n. *Calling in prescriptions to the pharmacist as instructed in writing by the dentists/employer*
- o. *The mixing and delivery of chairside dental restorative materials*
- p. *The delivery and explanation of written post-operative instructions*
- q. *Obtaining intra- and extra-oral photographic images for patient education and or for diagnosis and treatment planning.*

TNDAA-05-04 *Be it resolved that the TNDAA recommend to the Tennessee Board of Dentistry a change in rule 0460-4-.02 (c) I (i) and (ii) that would allow course directors to declare " intent to graduate" when 75% of the course has been completed. This would enable the student to apply for and take the TN RDA exam just prior to course completion so that the employer does not suffer from the interruption of service the graduate can provide while waiting to complete the Registration process.*

Continued, next page

TNDAA Resolutions, continued

Course Directors must verify course completion before the RDA Registration certificates can be issued from the TBD (Rationale: DANB allows CDA exam candidates to apply 60 days prior to completion of the ADA accredited programs provided the application includes a letter of "Intent to Graduate" from the Course Director. The exam scores are not released to the candidate until the course director has mailed verification of actual course completion to DANB.)

TNDAA-05-05 *Be it resolved that the Tennessee Dental Assistants' Association, in an effort to ease the financial obligations of students, do hereby establish at least three (3) \$300 scholarships for students selected from an applicant pool of student members of the ADAA who are currently enrolled in an ADA accredited or Board approved dental assistant educational program, and who meet specific criteria established by the TNDAA Scholarship Committee. (Scholarship funds have been pledged from Chattanooga Area Dental Assistants' Society, Second District Dental Assistants' Society and from Dentedonline.)*

TNDAA-05-06 *Be it resolved that the President of the Tennessee Dental Assistants' Association will contact the TDA Officers and Trustee's in writing to encourage them and the members in their districts to promote membership in the Tennessee Dental Assistants' Association to their dental assistant employees and to seek additional sponsorship for the TNDAA Scholarship program .*

TNDAA-05-07 *Be it resolved that the Managing Editor of the TNDAA Newsletter, "Mega-Bites" consult the Tennessee Board of Dentistry and the ADAA membership roster quarterly for the purpose of congratulatory recognition of new RDA's and new ADAA members in the newsletter.*

TNDAA-05-08 *Be it resolved that whereas the TNDAA Board of Trustees has adopted the 2006 TNDAA Annual Session Schedule of Events, the President submit that schedule to the TDA for publication in the TDA brochure and to the webmaster for the TNDAA website.*

TNDAA-05-09 *Be it resolved that the TNDAA Board of Trustees charge the TNDAA president with writing a letter to the governor naming three (3) of its members, agreed upon by consensus, to be considered as appointees to the Tennessee Board of Dentistry.*

News from the RDA Night Classes at TTK.

Submitted by Phyllis Payne RDA

There was a total of 16 Students in the class varying in ages from 18 to 40+. We had a great class. All graduated the class on September 14, 2005. Our instructor was more than patient with us and did a great job. All the students in this class worked full time, and had 2 nights a week we were in class and the remaining nights we studied and finished homework. It was not an easy task, but a task worth the effort for all of us. I have taken my state boards along with two other students today, and we all have passed the Board exam. Thanks to all at TTK for the support and help along the way.

TDHA Extends Invitation to TNDAA

By Sherri Bush, RDH

TDHA would like to extend an invitation to all dental assistants to come join us at the

**TDHA Annual Session
March 30-April 2, 2006
Cool Springs Marriott, Franklin, TN**

For more information, visit www.tndha.org

Michelle Ehmling appointed to DANB Test Construction Committee

Michelle Ehmling, a dental assistant instructor at Chattanooga State, has been appointed to DANB's RHS Test Construction Committee. The committee, made up of educators and practitioners, meets in Chicago every November. Michelle has improved her students' performance on the RHS component of the exam significantly since she began teaching the course at Chattanooga State in 2000. She will serve this committee for three years. Michelle also serves as the Managing Editor of Mega-Bites and is the Trustee for the Chattanooga Area Dental Assistants' Society.

Congratulations to Michelle and to DANB on this appointment.

**TNDAA announces a 1 hour CE
Chemical Dependency article and post test
available now at www.tndaa.org.**

**“Recognizing and Managing Substance
Abuse in Healthcare Workers.”**

Written by Chris Prater M.D., FAAFP
ASAM *certified*

This article offers dental assistants, hygienists and dentists one (1) hour of Continuing Education Credit in the category of Chemical Dependency as required by the Tennessee Board of Dentistry. To earn credit, read the article and follow the directions on the exam and answer sheet pages. The exam will be graded by an officer of the Tennessee Dental Assistants' Association, an approved continuing education provider. A score of 80% or better is required to earn the CE certificate, which will be mailed within 2 weeks of course completion

**Let Focus Health Care provide your local
Chemical Dependency CE requirements**



7429 Shallowford Rd.
Chattanooga, TN 37421
(423)308-2560

www.focushealthcare.com

David Cunningham, LADAC, NCACI, QSAP
Clinical Outreach Director

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**Spanish Immersion
Classes in Mexico**

- Spend one week living in a El Coyote, a village in the mountains of Mexico (march 11-18 or 18-25, 2006)
- Take 20 hours of dental Spanish from a professional Spanish instructor
- Participate in daily mini-clinics in surrounding villages

Who should attend? Dentists, Dental Hygienists, Dental Assistants and students who want to learn dental Spanish and experience Latin American culture in a Christian Atmosphere. For more information, call Gene Flanery at 913.706.6766 or e-mail at flanerman@aol.com or go to www.tndaa.org

Congratulations, Jennifer!



Paris Carter Albrecht was born on Thursday, Oct 6th. She weighed 6 lbs and 12 oz and was 18 inches long. This picture was taken at the hospital on Saturday, right before the Georgia Bulldogs beat the Vols

Message from Jennifer:
Thank you for all your well wishes and I'll be in touch!
It's the most amazing and beautiful thing in the world.
Thank you' for the baby gift card, too.

Join the  Today!

www.dentalassistant.org

The ADAA's

Statement of Professional Commitment:

"As a professional dental assistant, I will promote the advancement of the careers of dental assistants and the dental assisting profession in matters of education, legislation, credentialing and professional activities which enhance the delivery of quality dental health care to the public."

TENNESSEE DENTAL ASSISTANTS' ASSOCIATION

The Tennessee Dental Assistants' Association's objectives shall be:

- To share in the responsibility for quality dental health care delivery to all;
- To advance the practice of dental assisting toward the highest standards of performance obtainable by supporting and encouraging formal education and in providing quality continuing education;
- To support educationally-based national and/or state credentialing for the dental assisting profession; and
- To communicate effectively with all members of the health-related professions.

Subscription information

For a free subscription to this quarterly newsletter, send a blank e-mail to subscribe@tndaa.org. Submit articles and comments to mega-bites@tndaa.org. The TDAA Board and/or the managing editor must approve all content prior to publication and distribution.

Publication of articles submitted to and approved by the "Mega-Bites" Editorial Review Board does not imply endorsement of any particular products or service. The views reflected in this newsletter are not necessarily intended to be official statements of the Tennessee Dental Assistants' Association.

You DO have permission to print, photocopy, FAX, e-mail, or otherwise distribute this newsletter provided it is done so in its entirety.

Michelle Ehmling, CDA, RDA
Managing Editor, Mega-Bites Newsletter

General information

To contact the Tennessee Board of Dentistry

Regarding Registration, license verifications, license renewal, CE requirements, proposed rules, to file a complaint, delegable duties, etc.

Call 615-532-3202 local or 1-800-778-4123 or visit [Http://www2.state.tn.us/health/Boards/Dentistry/index.htm](http://www2.state.tn.us/health/Boards/Dentistry/index.htm)

To contact the

Dental Assisting National Board, Inc.

Regarding Certification, renewal requirements, etc.

Call 1-800-FOR-DANB or go to www.danb.org

To contact the

Tennessee Dental Assistants' Association

visit www.tndaa.org or e-mail info@tndaa.org

Check it out! Locals Districts post meeting schedules on web

Many local Dental Assistant Societies have posted their calendar of events on the website. Visit www.tndaa.org and click on District News. Find your district and check out its page. For example, Second District (Knoxville) has planned an incredible year of monthly meeting and CE opportunities. Knoxville, Memphis, and Chattanooga have reported plans for CE courses in Chemical Dependency. All over Tennessee there are opportunities to learn about dental specialties, digital imaging, latex allergies, drug interactions, medical emergencies, equipment maintenance, and much, much more!

Most local organizations provide free CE to their members, and welcome non-members and other dental professionals for a small fee.

Send information about your local events to info@tndaa.org for posting on our website.

Dental Trivia

What famous person had an emerald chip put in the middle of their upper right incisor but later changed it to a diamond?

Answer: Mick Jagger

Source: www.Cosmodentalcentre.com

Welcome New Members (September/October, 2005)

Aikman, Shannon – Georgetown
Alexander, Elisa – Hendersonville
Alsip, Christina – Memphis
Apple, Sara Jane – Lebanon
Armour, Amy – Murfreesboro
Bearchamp, Laura - Bell Buckle
Bess, Melody – Goodlettsville
Bingham, Kayla – Lebanon
Bingham, Sharon Crook – Memphis
Brandon, Mary – Southaven, MS
Brown, Meagan D - Soddy-Daisy
Blume, Paula J - Knoxville
Calbaugh, Cassie – Hixson
Carson, Michelle - Gruetli-Laager
Cheney, Natalie – Collierville
Chunn, Jennifer – Bartlett
Clarke, Julia – Chapmansboro
Cavis, Crissy – Pikeville
Dickerson, Lindsay M – Clarksville
Dixon, Miranda – Murfreesboro
Elverd, Carly - Signal Mtn
Emry, Marshelle - Old Hickory
Everett, Amanda - Soddy Daisy
Giraldo, Robyn – Nunnally
Gordon, Carolyn – Memphis
Gregory, Amie Christine – Hartsville
Griffin, LaRhonda – Portland
Hamilton, Chasity – Galatin
Harper, Christina – Memphis
Harris, Hope - Soddy
Hash, Tiffany -Rossville, GA
Hawk, Holly Song – Murfreesboro
Heflin, Lisa – Lebanon
Henretty, Tricia – Bartlett
Hickman, Rachel – Hendersonville
Hieatt, Billie – Baxter
Horton, Latiaha – Memphis
Hunt, Linda Magan – Crossplains
Jacoby, Carie – Murfreesboro
James, Alicia – Memphis
Jones, Jennifer – Bartlett
Jones, Karen – Memphis
Jones, Tajuana – Memphis
Kees, Britteny – Elmwood
Kennedy, Johanna – Rossville, GA
King, Brandy - Tracy City
King, Earline W. - Mt Juliet
Knolton, Whitney – Lebanon
Layman, Cindy – Decatur
Link, Heather – Nashville
Minnick, Brenda – LaVergne
Montgomery, Lauren – Hendersonville
Motley, Latasha - West Memphis, AR
Nettles, Holly – Memphis
Nunis, Sarah – Whitwell
Odom, Angela – Ashland City
Olson, Jessica – Millington
Parsons, Amy - Old Hickory
Patterson, Wendy – Murfreesboro
Pedersen, Faren – Hernando. MS
Phillips, Crystal - Ashland City
Phillips, Melissa M – Chattanooga
Rayford, Tamara – Memphis
Roberson, Alicia - Olive Branch. MS
Scheffle, Angela - Bell Buckle
Settle, Sharron – Memphis
Shearin, Ashley – Lakeland
Smith, Megan – Smyrna
Smith, Rachel – Portland
Sparks, Linda G - Fort Oglethorpe, GA
Sullenger, Tiffany - Winchester
Taylor, Melissa Ashley - Lebanon
Thompson, Stephanie – Memphis
White, Jessie – Bartlett
Whiting, Crystal – Memphis
Witherspoon, Rachel – Milton
Womack, Stacey – Gallatin
Zimmerman, Latoria – Hendersonville

Signs and Symptoms of Substance Abuse



Written by
David A. Cunningham
 LADAC, NCACI, QSAP
 Clinical Outreach Coordinator,
 Focus Helathcare

The **American Society of Addiction Medicine** defines addiction to alcohol and other drugs as “A chronic, progressive, relapsing disorder characterized by compulsive use of one or more substances that results in physical, psychological, or social harm to the individual and continued use despite this harm”. In 1956 the **American Medical Association** deemed addiction as a primary, progressive, chronic, and fatal disease with identifiable symptoms. In the face of this evidence many people tend to believe the myths and misconceptions about addiction to alcohol and other drugs.

Substance abuse is our nation’s number one health problem according to the National Institute on Drug Abuse. Alcohol continues to be at the top of the list of abused substances, followed by opiates, cocaine, marijuana, methamphetamine, and benzodiazepines just to mention a few. The societal costs of untreated addiction is nearing the \$300 Billion range and climbing. Some of the societal costs are illness, death, crime, medical, employment, unemployment, and other special conditions such as Hepatitis and HIV.

One of the most common signs of substance abuse/dependence is continued use of alcohol and/or drugs despite the negative consequences of the use. Often a person will blame their use on other people or circumstances. They have the tendency to blame, instead of realizing their difficulties are a direct result from their continued use of the alcohol and/or drugs. People with the disease of addiction really may believe that they drink normally or that “everyone” takes drugs. These false beliefs are called **denial**, and denial is a part of addiction.

Other important symptoms of substance abuse include but are not limited to:

- **Tolerance-** A person will need increasingly larger amounts to attain the same desired effect or to get high.
- **Craving-** A person will feel a strong need, desire, or urge to use alcohol and/or drugs, will use alcohol and/or drugs despite negative consequences, and will feel anxious and irritable if he/she can’t use them. Craving is a primary symptom of addiction.

Continued, next column

Substance Abuse, continued

- **Loss of control-** A person may use alcohol and/or other drugs more often or in greater quantities than he/she meant to use. A person may also try to reduce or stop drinking or using other drugs many times, they may be able to discontinue the use but staying stopped generally is failed. They may also feel the need to prove to themselves and others that they don’t have a problem. **Persons not having a problem have nothing to prove to themselves or others.**
- **Physical dependence or withdrawal symptoms-**In some cases when alcohol or other drugs use is stopped, a person may experience withdrawal symptoms from a physical need for the substance. Withdrawal symptoms differ depending on the drug, but may include nausea, sweating, shakiness, and anxiety. The person may try to relieve these symptoms by taking either more of the drug or by substituting for another drug if their drug of choice is unavailable.

Actually, discontinuing the use of alcohol or other drugs is just the beginning of the recovery process. Substance abusers need to learn new ways to cope with everyday life. People in recovery need to relearn how to deal with stress, anger, or social situations and how to have fun without the use of alcohol or other drugs. Learning these new skills takes a lot of work and practice.

Today hundreds of thousands of people are in recovery from this devastating disease. They come from all walks of life. Fortunately, they are living good lives and becoming true assets to their families and our communities.

David Cunningham is a Licensed Alcohol and Drug Abuse Counselor, Nationally Certified in Addictions Treatment, and a DOT Substance Abuse Professional. He has worked in treating addictions for over 15 years. He has been the recipient of numerous awards including East Tennessee Professional of the Year, and TN State Professional of the Year. He has served as State President for the National Association of Addiction Professionals (NAADAC), and is currently the Southeast Regional Vice President of NAADAC. He may be reached at FOCUS Healthcare of Tennessee, 7429 Shallowford Road, Chattanooga, TN 37421 (423) 308-2560 or cellular (865)661-2818

Please visit www.tndaa.org for the Chemical Dependency CE article and post-test. “Recognizing and Managing Substance Abuse in Healthcare Workers” by Dr. Chris Prater

Look for these stories and more in the Spring 2006 edition of Mega-Bites

TDA’s Task Force on Dental Assisting
 TNDAA BOT meeting,
 TBD meeting,