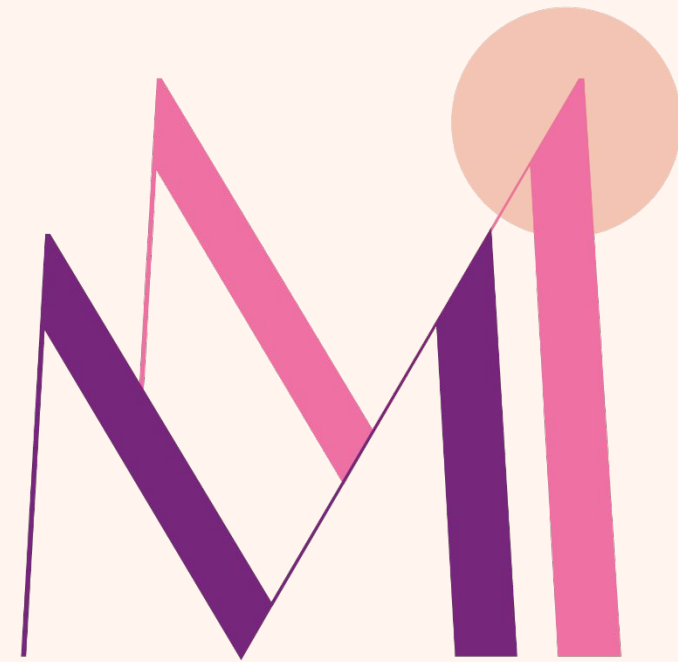


SPEAKER PACKET

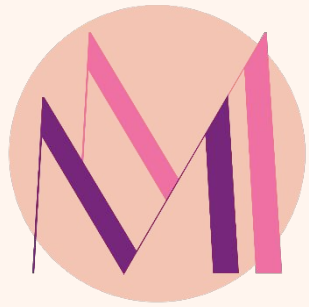


# Misty Mattingly, RDH, BS

Chief Hygiene Officer | Speaker | Advocate

Real Talk. Real Hygiene. Real Change.



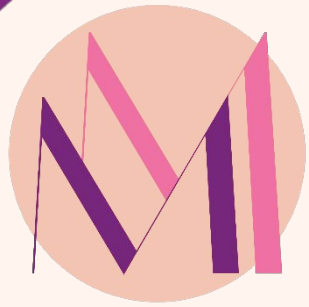


# Meet Misty

Misty Mattingly, RDH, BS, is a dynamic leader with over 20 years of hands-on dental hygiene experience. As a passionate Chief Hygiene Officer and advocate, her engaging, conversational style and practical expertise empower audiences to drive meaningful changes in patient care, enhance team effectiveness, and elevate industry standards. Misty is dedicated to making dental hygiene accessible, impactful, and inspiring for all professionals.



**Empowering clinical professionals,  
transforming patient care.**



# Misty's Experience

With more than two decades of experience in clinical practice and dental hygiene education, Misty Mattingly is a respected industry leader. She holds degrees in Dental Hygiene and Oral Health Promotion and is deeply committed to advancing the profession and improving patient care. Misty's innovative approach and practical solutions have made her a sought-after mentor and speaker at national and regional conferences. Additionally, as the host of the popular **Hygiene Happy Hour** podcast, Misty shares valuable insights and tackles current trends and challenges within the dental community.



**HHH: Where clinical conversations meet real-life solutions.**



# Hygiene Happy Hour

Misty hosts the popular Hygiene Happy Hour podcast, designed specifically for dental professionals seeking inspiration and practical insights. Through engaging, conversational episodes, Misty connects dental professionals with industry trends, innovative ideas, and solutions to everyday challenges.

- **Engaging conversations:** Interviews with leading dental experts and industry influencers.
- **Actionable Tips:** Practical advice for immediate implementation in clinical practice.
- **Trending Topics:** Exploration of the latest trends and developments in dental hygiene.
- **Empowering Content:** Tools and insights that inspire dental professionals to enhance patient care and elevate their careers.

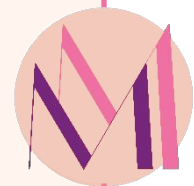
**Join Misty as she creates real conversations that drive real change in dental hygiene.**

**Real Talk. Real Hygiene. Real Change.**

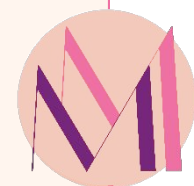
Check out Hygiene Happy hour on Apple, Spotify and other major podcast platforms.



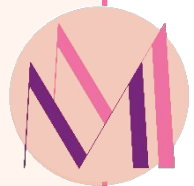
# SPEAKER TOPICS



**Advancing Dental Hygiene Care:**  
Bridging Clinical and Business



**Inspiring Teams: Building Stronger**  
Hygiene Departments



**New Trends in Preventive Care:**  
What Hygienists Need to Know

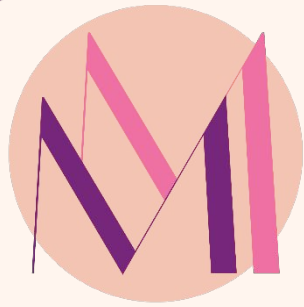


**Personal & Professional**  
Growth in Dental Hygiene



**Improving Patient Compliance:**  
Effective Communication Strategies





## SPEAKER TOPICS

### **Advancing Dental Hygiene Care: Bridging Clinical and Business**

Discover powerful leadership techniques that transform hygiene teams. Learn to foster collaboration, boost performance, and cultivate a positive workplace culture where every team member thrives.

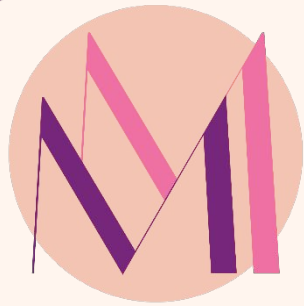
- Navigate common clinical-business dilemmas with confidence.
- Align hygiene goals seamlessly with practice profitability.
- Leverage your clinical expertise to drive overall business success.

**Real Talk. Real Hygiene. Real Change.**

## YOUR KEY TAKEAWAY

You'll leave empowered to optimize your practice's success without compromising patient-centered care.





## SPEAKER TOPICS

### Inspiring Teams: Building Stronger Hygiene Departments

Discover powerful leadership techniques that transform hygiene teams. Learn to foster collaboration, boost performance, and cultivate a positive workplace culture where every team member thrives.

- Identify and leverage individual team strengths effectively.
- Enhance team morale through targeted recognition and feedback.
- Develop actionable strategies for conflict resolution and team unity.

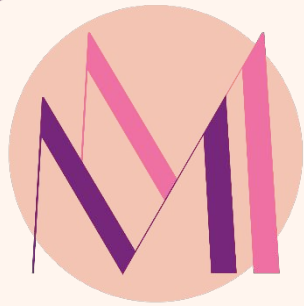
Real Talk. Real Hygiene. Real Change.

## YOUR KEY TAKEAWAY

Gain insights to become the inspiring leader your team deserves.







## SPEAKER TOPICS

### **New Trends in Preventive Care: What Hygienists Need to Know**

Stay at the forefront of preventive care with insights into the latest tools, cutting-edge technologies, and innovative methods that significantly enhance patient outcomes and practice efficiency.

- Evaluate emerging preventive technologies for your practice.
- Incorporate evidence-based preventive care strategies seamlessly.
- Maximize patient outcomes through informed preventive decision-making.

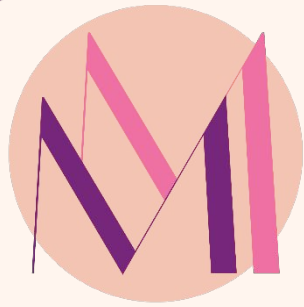
**Real Talk. Real Hygiene. Real Change.**

## YOUR KEY TAKEAWAY

Walk away with fresh ideas that you can immediately implement to set your practice apart.







## SPEAKER TOPICS

### Personal & Professional Growth in Dental Hygiene

Unlock your full potential with inspiration and practical tools for lifelong learning and professional growth. Learn how to set meaningful career goals and take control of your professional journey.

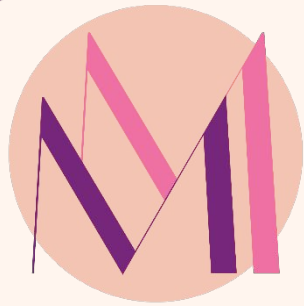
- Identify opportunities for growth tailored to your strengths and goals.
- Cultivate professional resilience and adaptability in changing times.
- Harness mentorship and networking opportunities for career advancement.

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## YOUR KEY TAKEAWAY

You'll leave energized and ready to drive your career forward.





## SPEAKER TOPICS

### **Improving Patient Compliance: Effective Communication Strategies**

Master proven communication techniques that build patient trust, enhance engagement, and significantly improve oral health outcomes through greater compliance.

- Decode patient behavior and overcome common communication barriers.
- Personalize your approach to meet unique patient needs effectively.
- Strengthen your patient's motivation and accountability in oral health.

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## YOUR KEY TAKEAWAY

Learn to transform patient interactions into meaningful relationships that support sustained oral health.





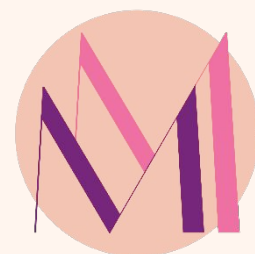
# Awards

2005 Proctor & Gamble Award

2023 Women in DSO Award

2023 Ondiem Change  
Maker Award

Awarded spots on the Denobi  
Short List in both 2024 and  
2025



# Acknowledgement

Misty Mattingly embodies the pinnacle of expertise in the realms of dental care and hygiene. With her profound knowledge and passion for promoting oral health, she has transformed countless lives through education and innovation. Misty's commitment to excellence not only inspires her peers but also empowers individuals to embrace their dental health with confidence and understanding.

Misty is a dynamic and engaging speaker who blends real-world clinical insights with practical applications. Her authenticity and passion make her presentations both informative and immediately useful in daily practice. Misty is not just speaking on the future of dentistry, she is actively shaping it by driving the profession forward with knowledge, relatability, and a commitment to excellence.

"Misty Mattingly exemplifies the essence of leadership in hygiene education, combining her exceptional speaking skills with a profound knowledge of the dental industry. Her passion for promoting health and wellness inspires

# Presentations

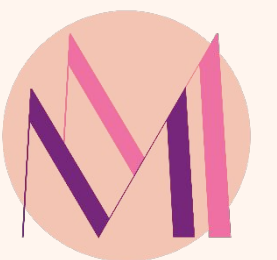
American Dental Association  
American Dental Hygiene Association  
Clayton State University  
Concord College  
Fortis College  
Forward Science Conference  
Georgia Highlands College  
Georgia State University  
Lanier Technical College  
RDH Under One Roof  
Savannah Technical College  
Smile Con  
Becker's Healthcare Forum  
Women In DSO  
Georgia Educators Meeting

**Keynote Speaker on “Advancing  
Dental Hygiene Care”**

**Hosted a workshop on “Building  
Stronger Hygiene Teams”**

**Speaker on “New Trends in  
Preventative Care”**

**Speaker on “Personal &  
Professional Growth for  
Dental Professionals**



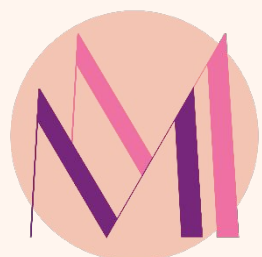


# Shifting from Drill to Heal

## COURSE DESCRIPTION

### Educational Objectives:

This course offers a comprehensive exploration of early interventions for incipient carious lesions, providing dental practitioners with essential skills and knowledge to effectively manage and prevent dental decay. Participants will explore the latest evidence-based strategies for identifying and assessing carious lesions at their earliest stages. Emphasizing minimally invasive approaches, attendees will learn various techniques tailored to halt lesion progression and preserve tooth structure. Additionally, discussions on risk assessment, patient education, and preventive protocols will empower participants to implement holistic caries management strategies in their clinical practice, ultimately promoting optimal oral health outcomes for their patients.



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## LEARNING OBJECTIVES

How to identify early caries lesions

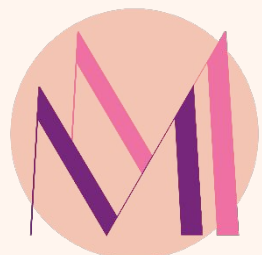
-Understanding how biomimetic technologies work in dentistry

- Learn about available remineralizing technologies
- Lesion management expectations
- Methods used to identify incipient lesions
- Understanding biomimetic technologies work in dentistry
- Learn how and when to use remineralizing technologies
- Lesion management expectations

# Signed, Sealed and Delivered

This course is intended to provide the dental healthcare professional with an overview of prevention and placement of sealant materials. Topics discussed include the chemical make up and bonding strengths of sealant materials. How to identify teeth in need and which patients are eligible for placement.

This course includes proper sealant techniques with didactic and clinical to provide theoretical knowledge as well as hands on training on the placement of sealants on children and adults.



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## LEARNING OBJECTIVES

- Identify teeth in need of sealants
- How to effectively penetrate and seal pits and fissures
- Prevent and arrest pit-and-fissure lesions with sealants
- Reduce the risk of cavities by 80%
- How to monitor sealants and repair if needed



# Driving Innovation

## The Intersection of Technology, Science, and Financial Growth in Dentistry

### COURSE DESCRIPTION

In today's rapidly evolving dental landscape, innovation is the key to staying competitive and delivering exceptional patient care. This course explores the integration of cutting-edge technologies and scientific advancements within dental practices and Dental Service Organizations (DSOs), with a focus on delivering tangible financial returns alongside clinical improvements. Attendees will gain the tools and frameworks necessary to assess, adopt, and implement cutting-edge innovations, driving both clinical excellence and financial growth. Real-world case studies and insights into the measurable ROI that new technologies can bring will be covered in depth.

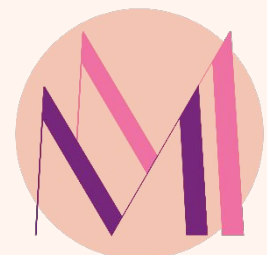
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### LEARNING OBJECTIVES

- The evolving landscape of DSOs and the strategic role of Dental Hygiene Executives.
- The benefits of implementing innovative technologies for patients, clinicians, and DSOs from a business and clinical lens.
- Evaluating ROI, scalability, and alignment with organizational goals.
- Assessing clinical efficacy and patient outcomes
- Ensuring compliance with best practices and professional standards.
- Enhancing patient retention and case acceptance with innovative, non-drug solutions.

# Bye, Bye Perio

This course, Periodontal Care, is intended to provide the dental healthcare professional with an overview of prevention and treatment of periodontal disease based on the updated 2019 AAP guidelines. Topics discussed include the risk factors and etiology of periodontal disease, non-surgical periodontal therapy, adjunctive therapies and the role of the dental team in prevention and treatment.



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## LEARNING OBJECTIVES

- The Prevalence of Periodontal Disease in United States
- The risk factors, identification, classifications and etiology of periodontal disease.
- The systemic impact and medical consequences of periodontal disease.
- The periodontal screening tools used in periodontal examination
- The non-surgical treatment of periodontal disease.
- The preventive measures and patient education of periodontal disease.
- Understanding complexities of biofilm



# Creating an Eco-Friendly Dental Practice

## Technology, Teledentistry & Biomimetic Innovation

As the dental industry evolves, integrating sustainable practices with cutting-edge technology is essential for reducing environmental impact while enhancing patient care. This course explores how teledentistry, biomimetic materials, and eco-conscious prescriptive solutions can help create a more sustainable and efficient dental practice.

Participants will gain insights into innovative digital workflows, AI-driven diagnostics, and minimally invasive treatment approaches that reduce waste, conserve resources, and improve patient outcomes. Through real-world applications, this course will demonstrate how leveraging modern technology not only supports sustainability but also enhances the financial and operational success of a practice.

Real Talk. Real Hygiene. Real Change.

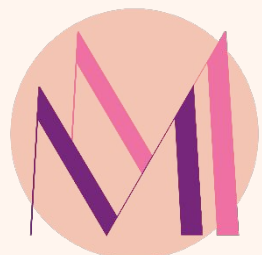
## LEARNING OBJECTIVES

- Implement teledentistry to reduce patient travel, lower overhead costs, and expand access to care.
- Utilize biomimetic materials and technologies that promote tooth preservation and reduce reliance on non-renewable resources.
- Integrate digital dentistry solutions, such as 3D printing and intraoral scanning, to minimize material waste and improve precision.
- Explore eco-conscious prescriptive approaches, including biocompatible materials and natural alternatives for oral care.
- Optimize infection control protocols to balance safety with environmentally friendly solutions.
- Reduce the carbon footprint of a dental practice through

# Mental Health Awareness in Dentistry

## Eliminating Stigma for Better Patient Care

Mental health is a critical yet often overlooked aspect of patient care in dentistry. This course focuses on recognizing and addressing mental health challenges in patients, reducing stigma, and creating a compassionate dental environment that fosters trust and improved treatment outcomes. Participants will explore how anxiety, dental phobia, trauma, and other mental health conditions impact oral health and patient behavior. Through evidence-based strategies, this course will provide dental professionals with the tools to communicate effectively, build patient confidence, and adapt care approaches to support mental wellness.



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## LEARNING OBJECTIVES

- Recognize signs of anxiety, depression, addiction and dental phobia in patients and respond with empathy.
- Implement communication techniques that create a calming and supportive patient experience.
- Reduce stigma by integrating mental health awareness into routine patient interactions.
- Adapt treatment planning to accommodate patients with special mental health considerations.
- Utilize mindfulness and relaxation techniques to ease patient anxiety during procedures.
- Foster a welcoming practice culture that prioritizes both mental and oral health.

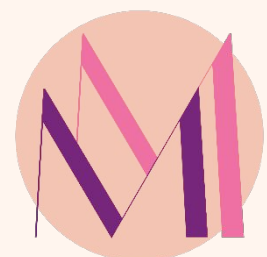


# Fluoride in Dentistry

## Best Practices and Patient Care

Fluoride is one of the most effective tools in preventing dental decay and promoting oral health. This course offers dental professionals a comprehensive understanding of fluoride's role in dental care, exploring its mechanisms of action, appropriate application techniques, and its benefits and risks.

Participants will learn about the latest fluoride formulations, delivery methods, and guidelines for its use in both preventive and therapeutic care. Special attention will be given to how fluoride can be integrated into patient treatment plans, with an emphasis on appropriate use across various age groups and risk levels.



Real Talk. Real Hygiene. Real Change.

## LEARNING OBJECTIVES

- Understand the science behind fluoride's effectiveness in preventing dental caries and remineralizing enamel.
- Differentiate between various fluoride types and their appropriate use.
- Implement fluoride treatment protocols for patients of all ages, from children to seniors.
- Educate patients on the benefits and safe use of fluoride at home and in clinical settings
- Recognize the risks associated with fluoride overuse and apply guidelines to prevent fluorosis.
- Incorporate fluoride as part of a

CONTACT MISTY



[MistyMattinglyrdh@gmail.com](mailto:MistyMattinglyrdh@gmail.com)

[MistyMattingly.com](http://MistyMattingly.com)

**(727) 771-3552**

