



## Dianna Major, Nova Scotia

I believe Dianna is a fantastic nominee for dental hygiene superhero. Her professional quality work and exceptional service to her patients is just the beginning of her superpowers. She always takes time to explain things thoroughly, do a quality job to ensure excellent results and explains things like oral cancer testing and cleaning techniques that I have not experienced with other professionals. What's really impressive to me is her involvement in the community through numerous volunteer organizations, like the Rotary Club and her selfless commitment of giving back. She provides free hygiene services and free oral cancer screenings to those who are in need unable to access otherwise. She puts people first, contributing her time and energy to many worthwhile local causes. She is a professional who gives back more to her community than she receives.

I have not had my teeth cleaned for 12 years. I had a very bad experience when I was younger. Dianna convinced me to come to her. Before she even went into my mouth, I was shaking and she asked me what my worst fears were and I told her which created trust between us. She is soothing, soft spoken, professional and very thorough. She cared, and because she knew I needed to know everything that she was doing in my mouth before she did it, that's what she did, she explained every step that she was doing. She showed me all of the tools that she uses and how they work, and what their purpose is for. Every few moments she would talk me through deep breathing techniques while she was in my mouth, and ask periodically how I was and if I wanted her to stop. A year later, I am now going to her every 6 months. Since she stepped in to be my superhero, I've also have gone to the dentist to get some teeth pulled and now I'm on track to get the rest of my fillings done. Without her I would not have the great healthy smile that I have today. Without her I would still have several cavities, a decayed tooth, and wisdom teeth in my mouth causing me problems.

Anxiety Disorder. Light sensitivity. Chronic back pain. Fibromyalgia. You can imagine I'm not in a hurry to lie in a chair for any extended period to have my gums poked and prodded. Nope. Only an emergency would get me in. And it did. I don't remember how I found the name – Dianna Major, Dental Hygienist – but she became, for me, a true Super Hero. And, not just because she was super patient, understanding of my challenges, offered a quiet and peaceful



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office and was not troubled that I could not lay long - “Whatever it takes,” is her working motto. Dianna Major is also a true Super Hero in our community; an avid volunteer who brings her skills directly to people who need but cannot afford them.

Dianna’s heart, compassion and skill is what separates her from the rest. Her natural, calm demeanor makes her a favorite with anxious patients. She provides free oral cancer screenings at a local pharmacy once a month and has partnered with Dress for Success to provide free treatment to women trying to get back to work. She also volunteers at Laing House (peer support for youth with mental illness).

Dianna is a leader in her community, and among the Dental Hygiene Community. One of the first Dental Hygienists to operate an independent practice in NS, she is making Dental Hygiene services more accessible to the community she lives in. She promotes and conducts free oral cancer screening at the local pharmacy, has held various positions with Halifax Dental Hygiene Society, participated in the local business association, and many other community events. As a colleague, she is eager and willing to share her knowledge with others.

Our two local high schools benefit from Dianna Major. With provincial coverage ending at 15 years old, many students do not return to the hygienist until they hit the workforce. Dianna provides students referred from the school, a free exam, x-rays, complete scaling, fluoride treatment, polish and instruction for going forward.

This hygienist always puts her patients first, she’ll miss her lunch and stay late to finish appointments. She is dedicated to caring for people.

Dianna has a huge heart. She volunteers her time yearly to the “Gift from the Heart”. She has great organizational skills and the will to motivate fellow hygienists to better themselves as clinicians in knowledge and skill. Dianna’s energy is infectious when she enters a room and her calm mannerisms show the humble side of her which is admirable. She gets everything done that she sets her mind to achieve. She is knowledgeable in so many areas and is keen to seek out the information if she is presented with a topic that is unfamiliar territory. Dianna has made a difference in so many lives and is truly a dental hygiene super hero.



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