

# CURRICULUM VITAE

## PERSONAL DATA

**Lynn Pencek, RDH, MS**  
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<https://www.instagram.com/lynnpencek/>

## EDUCATION

Dental Implant On Boarding Nobel Biocare Yorba Linda, CA	06/19/2019
Training for use of Magnification and Ergonomics Orasoptic Research Inc Madison, WI	09/01/2004
Training for Hu-Friedy Instrument and IMS Line Hu-Friedy Mfg. Chicago, IL	09/01/2000
Master of Science University of Maryland, College of Dentistry Baltimore, Maryland	12/01/1992
Bachelor of Science Thomas Jefferson University, College of Allied Health Sciences Philadelphia, Pennsylvania	06/01/1988
Associate in Applied Science Broome Community College Binghamton, New York	06/01/1986

## ACADEMIC APPOINTMENTS

Clinical Instructor Philadelphia Community College Philadelphia, Pennsylvania	01/1994 – 09/1994
Clinical Instructor and Student Advisor Oral Anatomy Instructor Department of Dental Hygiene College of Allied Health Sciences Thomas Jefferson University Philadelphia, Pennsylvania	01/1990 – 04/1994 09/1992 – 02/1994

## STUDENT TEACHING EXPERIENCES

Student Clinical Instructor University of Maryland, School of Dentistry Department of Dental Hygiene Baltimore, Maryland	01/1989 – 12/1989
Student Clinical Instructor Thomas Jefferson University College of Allied Health Sciences Department of Dental Hygiene Philadelphia, Pennsylvania	01/1988 – 06/1988

**PROFESSIONAL EXPERIENCE**

Director of Education Peer 2 Peer Connect Philadelphia, Pennsylvania	01/2024 – Present
Owner, Speaker, Consultant Practice At Your Best, LLC Philadelphia, Pennsylvania	10/2022 – Present
Territory Manager Nobel Biocare Yorba Linda, California	07/2019 – 07/2022
Senior District Manager Orascoptic Research Madison, Wisconsin	06/2004 – 06/2019 10/1994 – 09/2000
Clinical Coordinator Biolase Technology San Clemente, California	11/2002 – 03/2003
Sales Representative, Schools and Institutional Manager Hu-Friedy Chicago, Illinois	10/2000 – 12/2001
Dental Hygienist Program Coordinator Nursing Home Visitation Program Pennsylvania and New Jersey	03/1993 – 10/1994
Advisor on Application and Marketing Pfizer Pharmaceuticals Denver, Colorado; Philadelphia, Pennsylvania	05/1993 – 06/1994
Dental Hygienist Private Practice Pennsylvania, Maryland, New York	06/1986 – Present

**AWARDS AND HONORS**

<b>Advanced Certificate, Office Manager, Academy of Dental Implant Auxiliaries</b>	01/01/2026
<b>Advanced Certificate, Dental Hygiene, Academy of Dental Implant Auxiliaries</b>	09/28/2024
<b>Nobel Biocare / ENVISTA</b>	
Double Digit Growth	07/13/2022
100% Club	2020, 2021
<b>Kerr / Orascoptic</b>	
1.25 Million Dollars in Sales	2016, 2017, 2018
1 Million Dollars in Sales	2013, 2014, 2015
Presidents Club	2006, 2007, 2009, 2011, 2012, 2013, 2014, 2016, 2017, 2018
Road Warrior Award	1997, 1998
Outstanding Performance Award (Rep of the Year)	1996, 1998
Circle of Excellence	1996, 1997
Rookie of the Year	06/27/1995
<b>Temple University, Department of Periodontics</b>	
Outstanding Professional Contribution	2000, 2001
<b>Pennsylvania Dental Hygienists' Association</b>	
Community Dental Health Award	06/15/1986
Thomas Jefferson University Alpha Eta Society	06/14/1986
Broome Community College Student Government Recognition	06/08/1985

**DENTAL IMPLANT PRESENTATIONS****Rethinking Dental Implant Maintenance**

Concord Dental Solutions

12/07/2025

**Dental Hygiene Considerations for Dental Implant Maintenance**

Lane County Dental Society

10/09/2025

Dallas Oral Surgery Associates

09/04/2025

Nobel Biocare - New Hire Onboarding

05/21/2025

**Team approach working together in maintain Healthy Dental Implants**

Nobel Biocare and US Oral Surgery Management

10/22/2025

Nobel Biocare and US Oral Surgery Management

10/14/2025

Nobel Biocare and US Oral Surgery Management

09/23/2025

Nobel Biocare and US Oral Surgery Management

09/10/2025

**Keeping up with Dental Implants - A Team Approach**

Nobel Biocare New Hampshire

10/17/2025

The Hygienepreneur Webinar, Dental Mastery

06/26/2025

Pennsylvania Dental Hygienists Association

05/14/2025

Pennsylvania College of Technology, Williamsport

04/11/2025

NDX Thayer Dental Lab / Nobel

03/21/2025

**Ergonomics, Vision and Patient Care**

University of Alabama at Birmingham

08/15/2025

**Parts, Pieces, Chemistry, and Compatibility**

New York Dental Hygienists' Association

10/24/2025

American Dental Hygiene Association

10/6/2025

University of Alabama at Birmingham

08/15/2025

VOCO and VIVA Learning

07/16/2025

Concord Dental Solutions

05/01/2025

Academy of Dental Implant Auxiliaries

03/19/2025

Cloud Dentistry

02/18/2025

International Conference on Dentistry and Oral Health (ICDO)

02/14/2025

**Dental Hygiene and Dental Implant Maintenance**

Nobel Biocare - New Hire Onboarding

05/21/2025

Nobel Biocare - New Hire Onboarding

02/18/2025

**Dental Implants- and the Recare Visit**

Waterpik Webinar Series

01/10/2025

**Dental Implants Basics and Maintenance**

American Independent Dental Alliance, Mid-West Dental Meeting

06/13/2025

Central New Jersey Dental Hygienists Association

05/04/2025

Pennsylvania Dental Hygienists Association

05/14/2025

Lancaster Tech Dental Hygiene Program

04/22/2025

Smile Smarter Study Club, Perio Protect Study Group

04/08/2025

Delaware State Dental Hygienists Association

04/05/2025

Yankee Dental Meeting

01/30/2025

Mason Periodontal and Implant Study Group, Traverse City, MI

11/8/2024

Celebrate Periodontal and Dental Implant Study Group

09/24/2024

Greater Phoenix Periodontal and Implant Study Group, Mesa, AZ

09/19/2024

**Dental Hygiene Considerations for Dental Implants Single Tooth to Full Mouth**

Maryland Dental Hygiene Association, Easton, MD

10/11/2024

**How Dental Implant Study Groups can Grow your Referral Practice**

International Congress of Oral Implantology, Orlando, FL

09/27/2024

**Dental Implants Chemistry and Compatibility**

Dentistry's Got Talent, Key West, FL

09/12/2024

**Dental Implants Basics and Maintenance**

Cloud Dentistry Webinar	09/10/2024
Nobel New Hire Onboarding, Mahwah, NJ	08/20/2024
Southwest Dental Society, Dallas, TX	08/16/2024
Concord Dental Solutions Webinar	06/13/2024
Maryland State Dental Hygienists Association Webinar	04/20/2024
Greater Delaware Valley Dental Health Conference Webinar	04/19/2024
All State Career Dental Hygiene, Philadelphia, PA	04/10/2024
Webinar, Dental Learning	03/06/2024

**Dental Implants Declassified**

Greater Delaware Valley Dental Health Conference, Allentown, PA	04/05/2024
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**Dental Implants: The Long and Short - Short term Considerations for Long term success**

Northampton Community College, Bethlehem, PA	03/15/2024
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**Benefits of Water flossing with Dental Implants**

Cloud Dentistry Webinar	01/16/2024
Concord Seminars Webinar	02/29/2024

**Full Arch Dental Implant Supported Prosthetics- Dental Hygienist's Considerations**

Waterpik Monthly CE Webinar	01/12/2024
Waterpik Symposium Webinar	09/08/2023

**Dental Implants Basics and Maintenance with Hands-on component**

Professional Learning Services Webinar	09/28/2023
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**Dental Implants Basics and Maintenance**

New Hampshire Dental Hygienists Association, Manchester, NH	10/14/2023
NDX Thayer Dental Lab, Camp Hill, PA	03/15/2023

**Dental Hygiene Considerations for the Dental Implant Screw Retained Full-Arch Treatment Concept**

Jersey Shore Dental Hygiene Forum, Red Bank, NJ	10/11/2023
Blue Bell Periodontics Study Club, Blue Bell, PA	10/12/2023

**Dental Implants Basics and Maintenance with Hands-on component**

Renaissance Dental Hygiene Study Club, Canton, OH	10/1/2023
RDH Under One Roof Extended Webinar	06/10/2022

**Greater Delaware Valley Dental Health Conference Hands-On**

Morgantown, PA	04/14/2023
Exton, PA	04/21/2023
Lancaster, PA	04/22/2023

**Coastal Dental Implant and Oral Surgery Study Group**

Portsmouth, NH	12/15/2022
Meredith, NH	12/16/2022

**Dental Implants Basics and Maintenance**

Clearly Aligned Webinar	11/21/2022
Dental Studies Institute Webinar	02/22/2022

**Dental Hygiene Dental Implant Education**

Dentistry's Got Talent, Fort Lauderdale, FL	11/3/2022
Harcum College Homecoming Dental CE Event	10/8/2022

**Digital Workflow Virtual Study Club**

Nobel Biocare Virtual Learning (South Jersey Regional)	04/2020 – 04/2021
Pencek, L.A. & Brand, M. "Nutrition and the Liquid Diet Implemented for Patients Receiving Corrective Jaw Surgery."	Student project (intended for publication) — 1988

## PUBLICATIONS

Pencek, Lynn. "Survey: Implant Boom Outpaces Hygiene Education and Training."	2025
Pencek, Lynn. "Dental Hygienists Report on Dental Implant Maintenance Experience, Education, and Protocols: How Do You Measure Up?"	2025
Pencek, Lynn. "Positive and Negative Effects of Fluoride on Dental Implants."	Dental Economics — 02/2025
Pencek, Lynn. "Is Fluoride Safe on Dental Implants?"	RDH Magazine — 08/2024
Pencek, Lynn. "Providing Patients with All the Tools to Succeed."	Inside Dental Hygiene — 06/2023
Pencek, Lynn. "Let's Up Our Implant Maintenance Game."	Inside Dental Hygiene — 06/2023
Pencek, Lynn & Jorge, Joanne. "Ergonomics for the Orthodontic Practice."	Journal of the American Orthodontic Association — 10/2016
Pencek, Lynn & Julie Keagen. "Take a Stand."	RDH Magazine — 01/2011
Pencek, Lynn & Julie Keagen. "Do You See What I See."	RDH Magazine — 03/2010
Pencek, Lynn. "Loupes Making a Wise Long Term Investment."	Dental Hygiene Tribune — 01/2009
Pencek, Lynn. "Vision and Magnification for Clinical Dental Hygiene Practice."	RDH Magazine — 07/2007
Pencek, L.A. "Benefits of Magnification in Dental Hygiene Practice."	Journal of Practical Hygiene — 1997
Pencek, L.A. "Making the Most of Every Minute."	Scopes Employee Newsletter — 08/1996
Pencek Romeril, L.A. "President's Message." Philadelphia Dental Hygienists'	Association Newsletter — 03/1995, 06/1995, 03/1996, 10/1996
Pencek Romeril, L.A. "Additional Safety Equipment."	Skate Update — 1995
Pencek Romeril, L.A. "A Comparison of Pennsylvania Grammar School Oral Health Programs."	Journal of Dental Hygiene — 1993
Pencek, L.A. "Oral Complications of Cancer Chemotherapy: Prevention and Management."	Special Care Dentistry — 1988
Pencek, L.A. & Brand, M. "Nutrition and the Liquid Diet Implemented for Patients Receiving Corrective Jaw Surgery."	6/10/1905

## PODCASTS / INTERVIEWS

Pencek, Lynn. "Dental Implants Demystified: Expert Hygiene Protocols for Long-Term Success." The DSO Hygienist Podcast	2025
Pencek, Lynn. "Leveraging Clinical Skills for Business Success and Debunking Implant Myths." Straight Up With Steph Podcast	2025
Pencek, Lynn. "The Do's and Don'ts of Dental Implant Maintenance." Stellar Outcomes Podcast	2025
Pencek, Lynn. "Changes to Implant Guidelines." A Tale of Two Hygienists	11/2024
Pencek, Lynn. "Dental Implants: What Were You Taught?" A Tale of Two Hygienists	07/2024
Pencek, Lynn. "Implants, Networking, and Finances." Burnout Bites Podcast	2024

## RESEARCH

"Magnification and Ergonomics"	06/17/1990
Literature Review, Program Design and Presenter Orasoptic Research	
"Comparison of Grammar School Oral Health Programs"	06/15/1990
Author, Examiner and Presenter Thesis Proposal — University of Maryland Examiner and Presenter — Thomas Jefferson University	
"Guide to Avoiding Occupational Pain"	06/15/1990
Literature Review, Program Design and Presenter Co-Author: Lynne Sunderlyn Thomas Jefferson University	
"Behavior Modification for Pediatric Dental Patients"	06/13/1990
Literature Review, Program Design and Presenter University of Maryland Dental School	
"Patient Perceptions on Dental Students"	06/11/1990
Data Collection Student Project — University of Maryland Dental School	
Literature Review	06/11/1990
Student Project — University of Maryland Dental School	
"Nurses' First Impressions of AIDS Victims"	06/10/1990
Group Member of Study, Literature Review, Program Design and Implementation Student Project — University of Maryland School of Nursing	
"The Individual Contribution of Toothpaste and Oral Rinse"	06/12/1905
Examiner Viopont Pharmaceutical, Inc. Thomas Jefferson University	

**PROFESSIONAL MEMBERSHIP**

Association of Dental Implant Auxiliaries (ADIA)	2023 – present
American Academy of Dental Hygiene (AADH)	2026- present
International Federation of Dental Hygiene (IFDH)	2025- present
American Dental Hygienists' Association (ADHA)	1986 – present
American Dental Educators Association (ADEA)	2000 – 2001
Philadelphia Dental Hygienists' Association (PDHA)	1992 – 1996
Pennsylvania Dental Hygienists' Association (PDHA)	1991 – 1995
American Association of Dental Schools	1990 – 1994
Student American Dental Hygienists' Association	1984 – 1988

**CHAIR AWARDS COMMITTEES**

Keystone Dental Health Conference, Committee Chair, Event Planner	2025- present
Pennsylvania Dental Hygienists' Association (PDHA)	
Committee on Committees, Chair	
Thomas Jefferson University	1990 – 1994
Student American Dental Hygiene Association, President	
Broome Community College	1985 – 1986
Student American Dental Hygiene Association	
Broom Community College - President	

**PROFESSIONAL LICENSURE**

New York — Dental Hygiene  
 Maryland — Dental Hygiene  
 Pennsylvania — Dental Hygiene  
 New Jersey — Dental Hygiene, Anesthesia  
 CPR/BLS Certification

**PERSONAL ACCOMPLISHMENTS**

Big Sur Marathon	2011
Scarnton Marathon	2011
Philadelphia Marathon	2009, 2010
Marine Corps Marathon	2009
Baltimore Marathon -	2008
New York Marathon	2008
Athens To Atlanta In - Line Road Race	2000, 2001, 2002, 2003