

From Encyclopedias to Chairside Care

Jessica Raymond-Allbritten, BASDH, CRDH, followed an early fascination with medicine into dental hygiene—where a preventive mindset and thoughtful, risk-based care help her guide treatment and support whole-body health.



Jessica Raymond-Allbritten recalls flipping through her parents' medical encyclopedias as a child, fascinated by the science of the human body. That curiosity would eventually lead to a career rooted in the "why" behind the smile and the power of systemic prevention.

Her path wasn't direct. In high school, she took a job at a dental lab, where she spent a decade witnessing the aftermath of dental disease. While the technical work was intriguing, she found herself wanting to intervene before treatment reached the lab.

"I didn't want to work in a dental lab, watching patients get dentures and crowns," she said. "I wanted to be on the preventative side." This realization led her to hygiene school and, ultimately, to a practice in Dunedin, FL, where

she found her niche: integrating oral care with salivary testing and collaboration with physicians.

"We focus on the oral-systemic link and work with physicians to improve not just oral health, but also their systemic health," she said. "So, it's come full circle for me—I was able to connect what I was passionate about in early childhood with dentistry."

PREVENTION THAT CHANGES LIVES

While diagnostics fuel her clinical curiosity, the real impact of her work happens chairside, where Jessica's approach to patient education is built on active listening and incremental change. Rather than overwhelming patients, she meets them where they are, focusing on what they're already doing and introducing small, achievable steps.

That patient-centered approach reflects what she enjoys most about hygiene—building relationships and advocating for patients beyond the dental chair.

Those efforts are reinforced by moments such as the case of a regular patient in her 20s who presented with only localized, minimal bleeding. "You wouldn't think much of it," she said. However, a saliva test revealed *Aa*, a destructive periodontal pathogen associated with a high risk of systemic conditions, including cardiovascular disease and stroke.

The patient was treated with antibiotics and a strict cleaning regimen, and yearly follow-up tests have remained clear. "This may have changed her risk factor for all kinds of events," Jessica said. "When you're able to help people in that kind of way, that is what I find most rewarding."

With a career that combines her early curiosity in science with her skills in hygiene, Jessica has turned chairside care into a vital component of her patients' overall health.

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