

Thriving Through Turbulence

A JOURNEY TO HEALTH, VITALITY, AND SUCCESS

Friday, May 31st, 2024 – Chattanooga, TN

<p>8:30 am - 9:00 am</p>	<p>Registration & Breakfast</p>
<p>9:00 am - 9:30 am</p>	<p>Introduction <i>Cindy Sensabaugh, RDH, MS</i> <i>Sr. Manager, Professional Relations & Education</i> <i>Philips Oral Healthcare</i></p>
<p>9:30 am - 12:45 pm</p>	<p>Healthful Living in a Stressed-Out, Anxious World <i>Karen Davis, BSDH, RDH</i></p> <p>Individuals are experiencing bouts of depression, and/or debilitating anxiety at an alarming rate, and the incidence is rising in the young adult and adolescent population. Stressors, including chronic illnesses, financial insecurity, and depression, influence good or bad behavior choices every day. Healthful living in a stressed-out world isn't just a theory or ideal. Rather, implementation can substantially improve quality of life and life span. Discover how Lifestyle Medicine impacts healthful living. Walk away with strategies you and your patients can implement immediately to de-stress and reduce risks that shorten life span and rob you of quality living.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Recognize the impact anxiety, depression and chronic stressors have on wellness. • Appraise the benefits of adhering to Healthful Living and Lifestyle Medicine.
<p>12:45 pm - 1:30pm</p>	<p>Lunch Break</p>

<p>1:30 pm - 3:30 pm</p>	<p>50 Shades of Inflammation: French Fries, Flossing and Fitness</p> <p><i>Uche Odiatu, DMD</i></p> <p>Want to add incredible value to your patient experience? Want to learn about “permanent lifestyle change” in a way that resonates with every one of their 110 trillion cells? There is an avalanche of evidence demonstrating the connection between your patients’ mouths with modern lifestyle habits: lack of sleep (saps their discipline), shift work (after 4 night-shifts blood sugar is elevated), poorly managed stress (shows up in every cell of their body), overeating (high fat & processed food boosts inflammation), and sedentary living (did you know “Sitting is the New Smoking?”). And it’s bi-directional; the oral environment has far-reaching effects on the rest of the body. Patients appreciate the dental health professional who sees the big picture and truly understands the relationship between the body, mind & mouth. This evidence based & inspirational program is a ‘call to arms’ against inflammation – “let’s douse the flames!”</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Make the connection between diabetes, insulin resistance, & inflammation. • Learn how to spot how sleep deprivation and stress shows up in your patient’s mouth. • Understand how chronic dehydration adversely influences your patient’s biochemistry. • Learn an easy two-minute script to educate and motivate your patients. • Develop leadership strategies to get your entire office on board focusing on whole body health
<p>3:30 pm</p>	<p>Program Concludes</p>