

Mind, Body + Mouth: Addressing Chronic Stress and Inflammation

8:00 am - 9:00 am	Registration & Breakfast
9:00 am - 9:15 am	Introduction <i>Heather McGuire, RDH</i> Sr. Manager of Professional Education and Relations Philips Oral Healthcare, North America
9:15 am - 12:00 pm	“Healthful Living in a Stressed-Out, Anxious World” <i>Karen Davis, RDH, BSDH</i> Individuals are experiencing bouts of depression, and/or debilitating anxiety at an alarming rate, and the incidence has been rising in the young adult and adolescence population since the pandemic. Chronic stressors and chronic anxiety influence health outcomes of those living with diseases such as CVD, cancer and Type 2 Diabetes. Chronic stress can also have a negative effect on periodontal health. Lifestyle Medicine comprises four quadrants: Healthy Eating Healthy Weight, Active Living and Emotional Resilience. Discover the possibilities of how healthful living within each of these quadrants can help mitigate chronic stress, depression, anxiety and improve periodontal health. Learning Outcomes: <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 in relationship to depression, anxiety and chronic illnesses• Identify four quadrants of Lifestyle Medicine for the mouth to promote oral health
12:00 pm - 12:45pm	Lunch Break
12:45 pm - 3:30 pm	“Inflammation SOS: Patients on Fire!” <i>Dr. Uche Odiatu, DMD</i> Want to learn about “permanent lifestyle change” and QUENCH your patients’ FLAMES & their disease risk? There is an avalanche of evidence demonstrating the connection between your patients’ mouths with their 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 bigger picture and can Calm the Burn in the body, mind & mouth. Set yourself apart from the pack and develop a VALUE-ADDED PRACTICE . Stop the fiery cascade with specific dental & lifestyle solutions guaranteed to change your patient’s health destiny. This fact filled & inspirational program is a ‘call to arms’ against “ HOT SPOTS ” of inflammation – “ let’s douse the flames! ” Learning Outcomes: <ul style="list-style-type: none">• Make the connection between diabetes, insulin resistance, & inflammation• Learn how to spot the SLEEP DEPRIVED PATIENT. <i>Hint: 30% of Americans are shift workers and are living in a “jet lag” state</i>• Spot how stress incites havoc in the human microbiome• Identify the foods that contribute to inflammation – EAT THIS NOT THAT!• Learn which exercises best fight inflammation in your body• Put into practice some simple solutions to modify your patient’s behavior• Implement a new dimension to your treatment planning & develop an “Anti-inflammatory Playbook”
3:30 pm	Conclusion of Program