

The Heart Of Dentistry

**CLINICALLY SIGNIFICANT.
PERSONALLY RELEVANT.**

Program Description: The demands of dentistry often come at the expense of a dental professional's physical health. In this full-day CE Approved program David Meinz addresses the most critical aspects of what it takes to personally *maximize a dental professional's health and quality of life, and how they can help their patients do the same.* You'll learn what you must know about sugar and periodontal disease, sugar substitutes, vitamin supplements, alcohol, and more. Plus, dentistry's role in preventing America's #1 killer: heart disease. Lots of great information for you, your family, and your patients. And lots of FUN too! (see David's Bio page 2)

Outline:

- I. Sugar's Impact on Oral and *Total* Health
- II. The Latest on Sugar Substitutes
- III. The Truth About Dietary Supplements: The Super Seven
- IV. The New Approach to Cardiovascular Disease Prevention
- V. Dentistry's Role in Total Patient Wellness

Learning Objectives:

1. Understand the impact of sugar beyond dental caries.
2. Identify sugar substitute options.
3. Differentiate between basic vitamin supplement needs and marketing claims.
4. Grasp the concept of lumenology vs arteriology in cardiovascular disease prevention.
5. Appreciate the potential for dentistry in preventive total patient care.



1-407-854-8108

www.TheHeartOfDentistry.us

“A FULL HOUSE AT THE END OF THE DAY SAYS IT ALL!”

—Richard Marinello, DDS, PDL Study Club

Over 300 Dental Groups Can't Be Wrong!

America's Personal Health Improvement Expert

Bio: Health promotion expert David Mainz speaks nationally to dental groups and associations and has been published in both the *Journal of the Academy of General Dentistry* and *Dentistry Today*. David's formal education includes a Master's Degree (MS) in Human Nutrition from the University of Missouri, and status as a Registered Dietitian Nutritionist (RDN) and Fellow in the Academy of Nutrition and Dietetics (FAND). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association and the author of *Wealthy, Healthy and Wise: How Dental Professionals Can Make Sure Their Health Lasts As Long As Their Money Does*. And he's kind of funny, too!



Making The Dental Connection:

Weight Control and Fitness Helps Reduce Gum Disease: A recent study published in the *Journal of Periodontology* found that those individuals with the lowest Body Mass Index, a measure of body fat, and the highest levels of fitness, had the lowest rates of severe periodontitis.

Fish For Your Smile: A recent study published in the *Journal of the American Academy of Nutrition And Dietetics* found that those who consumed a higher amount of the omega-3 called DHA were less likely to have periodontal disease.

Oral Health and Heart Disease: Numerous studies suggest that periodontal disease can increase the risk of cardiovascular disease by increasing whole-body inflammation. In addition to improved dental hygiene, dietary and lifestyle changes can also help decrease inflammation levels.

“IT’S A RARE EXCEPTION THAT A SPEAKER CAN MAKE HIS LECTURE APPLICABLE TO THE FRONT OFFICE STAFF, BACK OFFICE STAFF, AND DENTISTS. YOU DID THAT... IN AN ENTERTAINING MANNER THAT KEPT THE ATTENTION OF ALL.”

— Robyn Goldman, Indiana Dental Association

To book David call 407-854-8108 or David@DavidMeinz.com