

# Diet & Dentistry In The 21<sup>st</sup> Century

**CLINICALLY SIGNIFICANT. PERSONALLY RELEVANT.**

**Program Description:** Join us as David Mainz “America’s Personal Health Improvement Expert” shares the latest information on dentistry’s role in total patient health. In this brand new CE Approved program you’ll learn what you must know about sugar and periodontal disease, sugar substitutes, vitamin supplements, alcohol, chocolate, and more. Plus, dentistry’s role in preventing America’s #1 killer: heart disease. New information on cholesterol that even your physician doesn’t know. Really! You’ll learn the latest on the oral-systemic connection, how to increase your personal energy, and much more. Lots of information you can use for your family and your patients. And lots of FUN too! (see *David’s Bio* page 2)

## Outline:

- I. Nutrition Update, Sugar and Periodontal Disease
- II. The Latest on Sugar Substitutes
- III. The Truth About Dietary Supplements: the four essentials
- IV. The New Approach to Cardiovascular Disease Prevention
- V. Dentistry’s Role in Total Patient Health

## 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.



Call Us Today!

1-407-854-8108

**“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 is a contributing editor for the *Journal of the Academy of General Dentistry*. 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 the audio learning series *Healthy Dentistry*. 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 hear what other dental professionals are saying, visit [www.Total-Patient-Care.com](http://www.Total-Patient-Care.com)

To Book David Call 1-800-488-2857 or 1-407-854-8108