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***New 90-minute Topic available after April 2024.**

Live YOUR Best Life: Aging Happily and Healthfully

It's a fact of life—we ALL get older! You've probably heard the saying "the one with the MOST birthdays wins?" Age doesn't define us. We can actually define our aging process. The lifestyle choices that we make can add or subtract years from our lives! Genetics most definitely can play a role but learning how to play the hand of cards we are dealt can help us positively redefine our health. In the wise words of Jimmy Buffet: "wrinkles will only go where the smiles have been!"

Course Outline:

- Discuss changes that occur most commonly as we age and how these changes may impact nutritional needs and dietary intake.
- Discuss evidence that demonstrates how healthy eating habits can help us slow the effects of aging.
- Focus on key factors that promote a longer and healthier lifespan.

Speaker can modify timing of any of the following CE courses to best meet program needs.

The Power of Prevention: Healthy Habits for a Healthy Smile

Course Description:

An ounce of prevention is worth a pound of cure". As dental professionals, we are in a unique position to provide our patients with the highest degree of preventive healthcare. The dental visit isn't "just about the mouth"—it's about the whole patient! This webinar will discuss current trends and how dietary habits may contribute to cancer risk, the aging process, weight gain and cardiovascular problems as well as increase the risk of tooth wear, dentin hypersensitivity, caries, and heightened inflammation.

Content provided in this webinar can be used by the participant to:

- Integrate emerging science on diet, oral and systemic health into patient education.
- Relate how dietary habits can result in increased risk of inflammation and oral disease.

- Encourage consumption of healthy eating patterns and lifestyle modifications to promote optimal oral and systemic health.

What Does Diet and Nutrition have to do with Dentistry?!

**For Dentists and Dental Hygienists:
1–1.5 hours for associated CEU credits**

Course Description:

As dental professionals, we are in a unique position to provide our patients with the highest degree of preventive healthcare. The dental visit isn't "just about the mouth"—it's about the whole patient! By applying the basic principles of cariology with ongoing research and emerging information on diet and nutrition as it relates to oral and systemic health, we can confidently provide comprehensive care for our patients.

This course will encourage the participant to:

- Apply the basic concepts of dental nutrition to provide optimum patient care.
- Integrate emerging science on diet, oral and systemic health into your patient education.
- Learn simple methods of nutrition screening to incorporate in practice.
- Confidently provide dental nutrition counseling on a routine basis.
- Refer patients with complicated medical histories to an MD or RD for more specialized care.

Sugar and Sugar Alternatives: The Bittersweet Truth

**For Dentists and Dental Hygienists:
1–1.5 hours for associated CEU credits**

Course Description:

"A spoonful of sugar helps the medicine go down". Sugar is in almost ALL foods and even medicines! Consumption of too much sugar is linked not only to tooth decay but heart disease, diabetes and other systemic conditions. It goes by many names so you must be cautious to sleuth out the various ways it is hidden on food and beverage nutrition labels. Ciphering through all the information about sugar substitutes can be overwhelming. Alternatives help us cut sugar out of the diet, but do they provide benefits or added risks? This course will provide an overview of

sweeteners on the market, current evidence about sugar and sugar alternative intake and the practical application to dentistry and whole-body health.

This course will encourage the participant to:

- Discuss sugar consumption and the impact on whole body health.
- Provide an overview of sugar alternatives currently on the market.
- Discuss current evidence on the impact of sugar substitutes and systemic health.

Warning: Being Female may be Hazardous to our Health!

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

Women, Nutrition and Oral Health: Implications throughout the Lifecycle

From the teenage years to the golden years a woman goes through many changes. Some of these changes often have an impact on oral health. As an oral health practitioners, we need to arm ourselves with knowledge about these various changes to better provide our female patients with optimum care. This course will focus on the interrelationship between oral health and overall health at various stages throughout the lifecycle.

Following this presentation, the participant should be able to:

- Discuss the role the oral health plays in the overall health of females at various stages throughout the lifecycle.
- Discuss nutrient needs important to the various stages of a woman's life.
- Understand the importance of various nutrients and lifestyle changes prior to conception.
- Recommend nutrient intake essential during pregnancy and lactation to provide adequate nutrients for proper development and growth.
- Recognize dental hygiene considerations for clients who are pregnant or breastfeeding.
- Gain a greater understanding of dietary needs during menopause and the oral sequelae that commonly occurs during this phase of the life cycle.
- Discuss nutrient needs and physiological changes that occur as we age.
- Discuss oral health considerations for the aging female.
- Understand the importance of diet and physical activity in regards to optimum bone health.
- Discuss systemic conditions and their oral considerations that have a higher incidence in females which can occur at various points of the life cycle continuum.
- Relate the dietary choices to optimum oral health as part of preventative patient care.

Fattening of America – Where does Dentistry Fit into the Puzzle?

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

The population is growing... and so are our waist lines! The dental visit isn't "just about the mouth"—it's about the whole patient! The updated food pyramid looks like a plate—how can we relate this information to our patients? Sugar intake, portion control—encouraging healthy habits—what does dentistry have to do with the obesity crisis? Ongoing research and emerging information regarding diet and nutrition as it relates to oral health will be discussed.

Following this presentation, the participant should be able to:

- Understand the interrelationship between obesity and oral health.
- Relate the importance of diet to dental patients during oral health care appointments.
- Encourage healthier food choices.
- Work with nutrition professionals as multidisciplinary team members in patient management.
- Manage nutritional issues either by direct patient guidance or appropriate referral.

Bugs, Drugs and Food Fads: Considerations for the Dental Professional

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

We are a self-medicating, hype believing society that wants a quick fix fast. If Dr. Oz says it's good for us—we head straight to the local pharmacy or health store to see if we can find it on the shelves! Our bodies need vitamins and minerals to function efficiently but which ones—and how much? Probiotic use is a fast-growing market in regards to general health and oral health. What are the implications for use in dentistry? Supplements promise everything from weight loss to increased energy. How can we be certain the claims are true? Do food trends such as Acai berry, energy drinks and juicing have a potential impact on oral health? As dental professionals, we need to be aware of the changing landscape of probiotic use, dietary supplements, and food fads and how these trends could potentially impact patient care.

Learning Objectives:

- Define probiotic and identify common probiotics and their implications for dentistry.
- Discuss the use of vitamin and mineral supplementation specific to various patient populations.
- Know how to determine if a vitamin or mineral is considered safe and pure by U.S. Standards.
- Provide patients with useful resources to determine risk versus benefits of certain supplements.
- Discuss fad diets, the varying food trends, and the potential impact on oral health.

You ARE what you eat... and DRINK?

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

Carbonated beverages are the most commonly consumed beverages in the United States, with energy and sports drinks running a close second. Add in fast food and a lack of fresh fruits and vegetables and the American diet starts to resemble a small child's fingerpainting—it's a mess! This presentation will walk you through the nutrition maze to show how eating habits may contribute to cancer risk, the aging process, weight gain and cardiovascular problems as well as increase the risk of tooth wear, dentin hypersensitivity, caries and periodontitis.

Learning Objectives:

- Relate the importance of diet to dental patients during oral health care appointments.
- Come up with new ideas for healthy eating and improved nutrition.
- Promote healthier habits for improved oral health and whole body wellness.
- Make healthier food choices.
- Implement strategies for healthier living.
- Collaborate with nutrition professionals as multidisciplinary team members in patient management when necessary.

Healthy Mouth, Healthy Body – Healthy Practice

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

As dental professionals, we are in a unique position to provide our patients with the highest degree of comprehensive care. We need to be knowledgeable about the multifaceted world of systemic health and how it affects our patient’s overall health and well-being. It is imperative that we embrace the basic concepts of cariology and periodontal disease progression. These basic constructs coupled with ongoing research and emerging information regarding diet, nutrition and oral health can be practically applied during patient care. Not only will it help us keep our patients healthier...but our practice will benefit as well!

Learning Objectives

- Discuss diet and nutrition as it relates to proper maintenance of oral health and overall health.
- Discuss scientific evidence presented in the literature regarding nutrition and oral health.
- Relate the importance of diet to dental patients during oral health care appointments.
- Identify oral sequelae, which may potentially be related to poor dietary intake.
- Identify patients that would benefit from nutritional counseling to prevent oral disease risk.
- Manage nutritional issues contributing to oral disease risk by direct patient guidance or appropriate referral to a physician (MD) or a registered dietitian (RD) for dietary consult.
- Consider the importance of working with nutrition professionals as multidisciplinary team members in patient management.

Fad Diets and Weight Loss Surgery: the Skinny on Oral Health Considerations

For Dentists and Dental Hygienists:
2–3 hours for associated CEU credits

Course Description:

The population is growing... and so are our waist lines! Everyone wants to find the holy grail of weight loss—giving in to diets that sound too good to be true—promising rapid loss of pounds, no need for exercise and the ability to eat whatever you want! Associations between fad diet practices and oral health status can alter dental care and treatment outcomes. Weight loss surgery is a growing trend for those who have been battling the bulge. As the number of individuals

choosing weight loss surgery rises, dental professionals need to be aware of the potential implications for the oral cavity.

Learning Objectives

- Identify oral risk factors more common in patients who have undergone weight loss surgery.
- Discuss oral concerns about fad diets with patients during the clinical visit.
- Have a greater awareness of oral risk factors associated with weight loss surgery, fad diets and the role of the oral health care professional during patient care.

Nutrition & Oral Health for Today's Dental Practice

**For Dentists and Dental Hygienists:
6 hour for associated CEU credits**

Course Description:

Do you have patients that would benefit from basic nutritional counseling? Would you like to receive tips on how to apply nutrition education during patient care?

Dentistry isn't "just about the mouth"—it's about the whole patient. As a dental professional, you are in a unique position to provide your patients with the highest degree of preventive healthcare. Lisa Mallonee has spent her professional career focused on the connection between nutrition and oral health. Ms. Mallonee will review the practical application of diet as it pertains to dental health and bring you up to date on:

- 1) the growing body of knowledge on diet and nutrition as it relates to oral health, and
- 2) the implications for patient care. You will come away from this course with useful information on how to assess nutritional status, as well as helpful tips for including nutrition education in your practice.

Who Should Attend

Dentists, dental hygienists and dental assistants who would like to implement nutrition education in their professional dental practice and incorporate sound nutritional practices into their personal lives.

All members of the dental team will benefit from the learning how to:

- Identify patients in your practice that will benefit from basic nutritional counseling.
- Determine patient risk factors and whether a patient would benefit from a more in-depth dietary review.
- Identify oral conditions that may be related to poor dietary intake.
- Understand the relationship between obesity and oral health.

- Relate the impact of dietary choices to your dental patients.
- Manage dental nutrition issues either by direct patient guidance or appropriate referral.
- Work with nutrition professionals as multidisciplinary team members in patient management.