

November 2019



# Calgary & District Dental Society

## 2019/2020 Lecture Series

### Metropolitan Centre 333 4th Ave SW, Calgary, AB

### Friday, November 15, 2019

Registration starts at 7:45am Seminar time 8:30am– 4:00pm

## Dr. Tieraona LowDog

### Nutrition, Dietary Supplements: What the Dental Team Should Know

A growing body of evidence now shows the direct link between nutrition, dietary supplements oral health; however, many dental professionals feel inadequately prepared to effectively counsel patients on healthy eating and using supplements to fill nutrient gaps. Additionally, nutritional supplements have been shown through scientific investigation to benefit oral and overall health. All members of the health care team should be familiar with the evidence of safety and benefit for the most commonly used dietary supplements to enhance patient outcomes and reduce the risk of adverse events associated with dental procedures. This informative and fact-filled lecture will explore how macronutrients, micronutrients, glycemic index/load, dietary patterns, and sugar substitutes impact oral health, periodontal disease, and overall health. Learn the cutting-edge science behind the recommendations.

#### Objectives:

Participants will be able to recognize the importance of calcium and vitamin D in oral and overall health.

Participants will be able to understand the role of folic acid and vitamin B12 in oral health and identify populations at risk for deficiency.

Participants will be able to understand the role of omega 3 and omega-six fatty acids in oral and overall health and identify effective strategies for increasing intake.

Participants will be able to understand the risk and benefits of vitamin A and carotenoids in oral and bone health.

Participants will be able to understand the evidence for zinc and zinc-l-carnosine in oral health.

Participants will be able to identify key risks and benefits of commonly used dietary and botanical supplements on oral health and during dental procedures.

Participants will be able to understand the role of macronutrients in health and chronic disease.

Participants will be able to understand how poor glycemic control exacerbates periodontal disease.

Participants will be able to identify the key components of glycemic index and glycemic load.

Participants will be able to understand the relationship between cardiovascular and periodontal disease.

Participants will be able to describe the key components of a heart-healthy diet.

Participants will be able to counsel patients about sugar and sugar substitutes.

Participants will be able to describe sources of dietary mercury and how to reduce exposure.

<https://drlowdog.com/>

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## MEMBER'S NOTICES

(Notices are No Charge to CDDS Members, but there is a 2 month max. limit per Ad.)

Calgary District Dental Society is looking for volunteers  
Please consider joining our society as a volunteer and get involved  
Contact our Exec Admin Mitch at the following email  
CDDSadmin@gmail.com

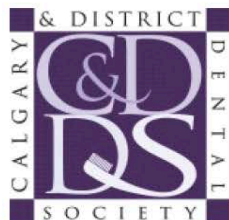
Experienced dentist required for busy Calgary practice.  
Excellent office atmosphere, great facility and great team.  
Must be able to manage multiple chairs. Reply to  
Dentalinfo2011@gmail.com

Calgary Comprehensive Spear Study Club  
We are almost full but are looking for a couple of new Dentists willing to learn. We are starting year 2 but You could be brought up to speed.  
Come join us Wednesday evenings central Calgary.  
Contact Dr. Vivienne Allain  
403 988 2123

Newly renovated dental office in Bridlewood, Calgary is looking to hire a F/T Associate Dentist with a minimum 2 years experience practicing in Canada. This is a busy and well-established General Family Dental Practice. Must be willing to work two evenings per week, one Saturday per month and be comfortable with all aspects of dentistry. Please email all CV's to  
mouneissa.maiga@gmail.com

Please send members submissions by October 28/19 for November Newsletter to:  
cddsadmin@gmail.com

## — NOTICES and EVENTS—



**CALGARY  
FOOD BANK**



November 1, 2019

Hello CDDS Member,

We are fortunate to be in the dental profession that continues to be productive and prosperous. Our city is slow to rebound from tough economic conditions with many individuals and families struggling to make ends meet. With the holiday season approaching, we all can make a difference.

The **27th annual Smile Season** kicks off in November and will run through the end of December. Smile Season is our opportunity to support the Calgary Food Bank with their annual drive for food and donations. In conjunction with **The Mayor's Food Bank Drive**, the Calgary and District Dental Society and its members support the Calgary Food Bank and we know that together we can make a tremendous impact on the lives of thousands of Calgarians.

Here's how you can help:

- ❖ Complete the attached contribution form to have a food donation box placed in your office, encourage staff and clients to contribute. We will have the box picked up in early January, at the end of the drive.
- ❖ Complete the contribution form to make a monetary donation to the Calgary Food Bank.
- ❖ Make a food or monetary donation at the CDDS events scheduled for November 15th and December 6th. Volunteers from the Calgary Food Bank will be in attendance to graciously accept your donations.

***\*Each financial donation or box shipped to your office is eligible to win 4 tickets to the Calgary Flames vs San Jose Sharks – Feb 4, 2020 – compliments of Complete Dental Ceramics***

Our next seminar is Friday, November 15<sup>th</sup>, 2019 with Dr. Tieraona LowDog and will take place at The Metropolitan Centre from 8:30am – 4:00pm.

To register for this seminar, please visit: <https://www.cdds.ca/event/nutrition-dietary-supplements-relationship-to-oral-health/> Log In to your profile and acquire your ticket registration and lunch selection.

Sincerely,

Calgary & District Dental Society

**Deadline for December newsletter submissions is 12pm Monday November 25, 2019**

## PAID ADVERTISEMENTS

CHARGES: 1/4 Page \$500 1/2 Page \$1000 Full Page \$2000

# — THE EVOLUTION OF — DENTAL MEDICINE SUMMIT NOV 7 - 9, 2019

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DIFFERENTIATE YOUR PRACTICE, WOW YOUR  
PATIENTS, AND INCREASE PROFITS.

**Oral Health → Total Health:** How dentistry can play a critical role in the provision of new inter-disciplinary therapies and treatments for the total patient life-cycle in the following areas directly, and/or as part of a medical-dental referral network.

**Effective Marketing and Sales:** How do you differentiate your practice, create visibility, attract new patients, retain more patients, and improve treatment planning and case acceptance?

**Disruptive Technology & Systems:** In this noisy and fast-paced technological world, how do you identify and implement an effective, integrated, and sustainable technology strategy that sets you apart?

**Game-Changer Mindset & Execution:** How the right mindset paired with the right business coaching and leadership disciplines can create game-changing performance.

**Blue Ocean Strategies:** Simply put, Blue Ocean Strategy is all about creating new markets in otherwise saturated industries, otherwise known as 'Red Oceans'. How do you identify and implement the right Blue Ocean business model to compete in a rapidly corporatizing world focused on direct-to-patient marketing? Depending on your professional goals and what stage you are in your career, one of the following business models may have the most appeal



REGISTER AT [WWW.AURUMGROUPSUMMIT.COM](http://WWW.AURUMGROUPSUMMIT.COM)