



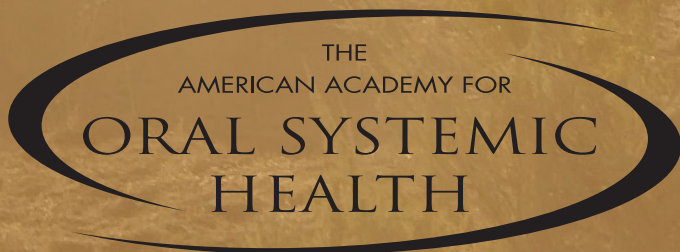
ORAL SYSTEMIC HEALTH CONFERENCE ROUNDUP

5th Annual Scientific Session

SEPTEMBER 18-20, 2015

Hilton Dallas Lincoln Center | Sheraton Galleria Hotel

Dallas, Texas



Approved PACE Program Provider
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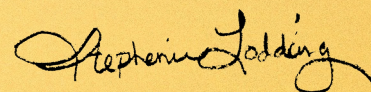
Welcome to the AAOSH 2015 Roundup here in beautiful Dallas, Texas. We are excited you have made the commitment to your patients to continue your education brought to you by the leading experts on the science of oral systemics in the world.

As this year's AAOSH president, it was my vision to see oral systemics become part of mainstream care in the dental field with hygienists being recognized as preventative specialists who are leading the way. It was a dream to see the collaborative efforts of physicians and dentists working together to conquer the issue of chronic inflammation. I am so excited to see the advancements we have made in our profession over the last year with the message that is starting to resinate in the community.

As a hygienist, it is exciting to see that patients are slowly becoming aware of how chronic inflammation impacts their health and how we in dentistry can directly effect the outcome. Patients are for the first time seeking us out and asking how we can help to get and keep them healthy. Preventative care specialists like hygienists can and should help to lead the crusade in this country plagued by chronic inflammation. Hygienists spend more time with patients than any other health care providers. It is critical we spend time reviewing medical histories, introducing the concepts of preventative biomarkers that we can integrate into the office, and being the patient advocate in guiding health care prevention recommendations. If we take the time to educate ourselves on the latest technology, biomarkers, and red flags that may be a precursor to illness we can directly impact the health of the patient and health care costs in this country.

The public and health care professionals are slowly waking up to the idea that the health of the mouth and the body are integrally linked with each other. Research has bridged the information gap and the mouth-body connection and now needs a strong voice to get the world to rally around this message! AAOSH and its members are the voice, and working together we can accelerate the new wave.

We at AAOSH are proud that you have decided to join us in learning deep science and recognizing AAOSH as the world class organization that will keep you on the cutting edge of better treatment and methodology for your patients. We as a board are honored that you and your team are here to spend the next few days finding ways to integrate the latest research and science into your practices. Our speakers for this weekend will not disappoint. They will help you in your continued mission to better serve your patients. Blessing to you all! Enjoy your weekend.


AAOSH President

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This is a great service for patients. In over 30 years of practice, I HAVE NEVER SEEN ANYTHING WORK LIKE THIS.

Dr. Allen Sprinkle, Arlington, TX

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Diana Corbin, RDH



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GENERAL REGISTRATION		
Thursday, Sept. 17	6:30 p.m. - 8:00 p.m.	HILTON Hotel Front Lobby
Friday, Sept. 18	6:30 a.m. - 8:30 a.m.	SHERATON Galleria Ballroom Foyer

SCIENTIFIC EXHIBIT AREA & HOURS		
Friday, Sept. 18	6:30 a.m. - 4:00 p.m.	SHERATON Grand Ballroom Corridor & Bronze Foyer
Saturday, Sept. 19	6:30 a.m. - 5:00 p.m.	HILTON Washington, Adams & Jackson Rooms

*Join us in recognizing our sponsors. Xlear as our Diamond Sponsor; Oravital as Reception Sponsor; Hain Diagnostics for the lanyards; CariFree for attendee bags; and Perio Protect for Attendee Program Books.

PROGRAM HOURS		
Friday, Sept. 18	8:00 a.m. - 5:00 p.m.	SHERATON Ballroom
Continental Breakfast	7:30 a.m.	SHERATON Bronze Foyer
Lunch with the Experts	Noon - 1 p.m.	SHERATON (signs will be posted)
Saturday, Sept. 19	7:30 a.m. - 5:00 p.m.	HILTON Ballroom
Continental Breakfast	6:30 a.m.	HILTON Ballroom Corridor
Lunch with Steve Anderson	Noon - 1 p.m.	HILTON Lakeview Room
Sunday, Sept. 20	8:00 a.m. - Noon	HILTON Eisenhower Rooms 1, 2, 3
No food service. Coffee provided outside the rooms.		

LUNCH WITH AN EXPERT - FRIDAY, SEPT. 18 AT NOON

Who: Oravital, Oral DNA, Oral ED, Perio Protect, Dog Star Media, Oragenics, Gary Kadi

Sign up for a private lunch with one of our experts. No preset presentations, just a chance to sit and talk and ask any questions you want of our experts. Don’t miss this unique opportunity! Sign-up sheets are located at the AAOSH registration tables. First come, first served, 10 people to a table, with the exception of Gary Kadi who has three tables of 10 (30 people) for sign up. Signs will be posted at lunch for the room your expert will be in.

BUS SCHEDULE

AAOSH has provided extra coach buses to help with the transportation to and from the Sheraton & Hilton Hotels for Friday, Sept. 18th only. Buses will pick up & depart every 10-15 minutes throughout the morning hours and after session in the afternoon. Vendors have their own designated buses to help with their supplies and materials. Please allow them the first opportunity to board their designated buses, so they can set up their tables.

HILTON HOTEL - Bus Schedule		SHERATON HOTEL - Bus Schedule	
5:15 a.m.	1st Vendor Pick Up (2 buses)	4:00 p.m.	1st Vendor Return to Hilton
5:30 a.m.	2nd Vendor Pick Up (2 buses)	4:15 p.m.	2nd Vendor Return to Hilton
5:45 a.m.	3rd Vendor Pick Up	4:30 p.m.	3rd Vendor Return to Hilton
6:00 a.m. - 8:15 a.m.	ATTENDEE Pick Ups	4:45 p.m. - 5:30 p.m.	ATTENDEE Return to Hilton

AAOSH HOSTED RECEPTION: SPONSORED BY ORAVITAL

Friday, September 18 from 6:30 p.m. - 8:30 p.m. in the Hilton Ballroom Corridor with exhibitors

VIP BANQUET DINNER

Saturday, September 19 from 6:00 p.m. - 10:00 p.m. in the Reflections Cons. Foyer/Patio

The Banquet Dinner is a thank you to all our incredible sponsors, exhibitors and speakers for their generous support of expertise, time and monies. If you would like to rub shoulders and meet up with some of the most renowned authorities in their respective fields, please join us. Last year Brad Bale did an impromptu rendition on a borrowed guitar and this year, rumor has it the “Rhinstone Cowboy” has confirmed his appearance. Tickets are available at the AAOSH Table throughout the session until capacity (80 seats). The fee for this event is \$115 per person, which includes dinner, drinks and entertainment.

HANDOUTS

Handouts are available at AAOSH.org under the event section from those speakers who have submitted them. Not all speakers have chosen to do so, which is why we make available to our attendees an audio version on our website after this event, and a DVD set for purchase of all the speakers. At this time we do not offer individual speakers DVDs for purchase due to the expense of producing them.

RECORDING / AUDIO / VIDEO & PHOTOGRAPHY DISCLAIMER

No personal audio or videotaping of the programs is permitted. Please be advised that AAOSH has hired a professional company to videotape and photograph attendees, speakers and exhibitors during the entire event. DVD video and audio recordings of the Scientific Session presentations will be made available following the event. **By attending the meeting you consent to the AAOSH’s use and/or reproduction of, and the development of derivative works from your name, voice and or likeness in any and all formats, singularly or in conduction with other media or as part of a compilation advertisement including all media forms for the purposes of AAOSH.** AAOSH will not be liable for any claims against you arising out of or otherwise associated with said use. Moreover you understand and agree by participation in this meeting, that you will not be entitled to any financial or other remuneration for said use, reproduction or derivation by AAOSH.

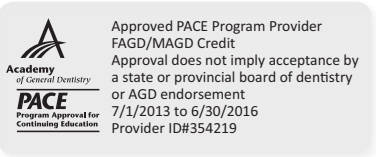
AAOSH MEMBERSHIP & BENEFITS

The American Academy for Oral Systemic Health is an organization of health care leaders and health professionals dedicated to the relationship of oral health and whole body health. Its vision is to improve interdisciplinary health care and collaboration, and the health of people everywhere by changing public and professional awareness of the mouth-body health links. Some member benefits include special rates for the annual scientific session and other continuing education resources; free Webinar access (live & on-demand); listing in “Find Oral Systemic Health Care Professional” online public database; AAOSHConnect newsletter; preferred connections with technology and suppliers; discounts and special offers from vendors; industry and research news; product updates and reviews; networking events; inter-professional collaboration opportunities on MyAAOSH forums/blogs; and more. For more information please talk to an AAOSH Board Member or staff person.

CE ACCREDITATION

AAOSH is an Approved AGD PACE Program Provider. This annual session will provide up to 20 CE credits.

Each speaker will announce a course code at the end of their presentation. Please keep track of your individual codes for CE credits. They are for your records only for proof of attendance should you be asked to provide that. AAOSH will not be responsible for keeping track of them on an individual basis, except for AGD (dentists only) who have submitted their AGD numbers. AAOSH will submit your credits to the AGD by year end as required. You have available a Course Attendance Verification Sheet with the CE credits listed and space for tracking course codes in your PROGRAM BOOKS.



AAOSH BINGO DIRECTIONS

YOU HAVE MULTIPLE CHANCES FOR FABULOUS PRIZES OFFERED BY AAOSH SPONSORS.

1. Write your name on the BINGO card in your AAOSH bag.
2. Visit each Exhibitor and learn about their company/product/service.
3. Ask the Exhibitor/Sponsor to stamp your BINGO card.
4. After all spaces are stamped, bring card to AAOSH table.
5. Drawing is Saturday during last break and between last presentations. Must be present to win.

SPONSORS

AAOSH wishes to thank the following sponsors, exhibitors and supporters of our 5th Annual Scientific Session. Please support these exhibitors who make the practice of oral-systemic health care possible, by visiting with them, learning how they can help you deliver more care - and PLAY AAOSH BINGO!
(See page 5 for more details about AAOSH Bingo).

DIAMOND SPONSOR



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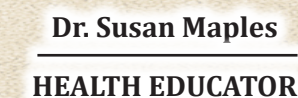
RECEPTION SPONSOR



OTHER PARTNERS WITH AAOSH IN DALLAS



EXHIBITORS





CONFERENCE AGENDA

Thursday evening **PRE-REGISTRATION** will be held at the **HILTON** from 6:30 p.m. - 8:00 p.m. in the hotel lobby. Pick up your packets early to avoid the crowds.

FRIDAY, SEPTEMBER 18 AT THE SHERATON

NOTE: The reception at 6:30 p.m. will be at the Hilton Hotel

Room #1

TIME	TITLE	SPEAKER
7:45am	Welcome & Orientation	
8:15am	Founder of the Cooper Clinic, Father of Aerobics	Dr. Kenneth H. Cooper, MD, MPH
9:30am	BREAK	
10:00am	Periodontal Disease and Modern Medicine - Salivary Bacterial Testing and Highly Effective Therapeutic Protocols	Dr. Doug Thompson, DDS
11:30am	Sunday Preview	
Noon	LUNCH/EXHIBITS	
1:15pm	Living a Superman Life: The Secrets to Optimal Health & Performance	Dr. Jill Wade, DDS Dr. Jeff Gladden, MD
2:15pm	BREAK	
3:00pm	Oral Systemic Health: From Pre-Natal to Pre-Adolescent	Dr. Mark Cannon, DDS, MS
6:30pm	AAOSH reception sponsored by Oravital® at the Hilton Hotel <i>(there will be a cash bar & free appetizers)</i>	

Room #2

TIME	TITLE	SPEAKER
10:00am	The Oxygen Advantage: Breathing Re-education for Sleep Disorders and Respiratory Care	Patrick McKeown, BA, MA
11:00am	Myofunctional Therapy as a Critical Missing Piece in the Treatment & Prevention of Sleep Disorders	Joy Moeller, BS, RDH
Noon	LUNCH/EXHIBITS	
1:15pm	AIRWAY-kening™ Dentistry: to become the Center of Health Care	Dr. William Hang, DDS, MSD
2:15pm	BREAK	
3:00pm	Sleep Apnea: A Cry for Help	Dr. Bertrand de Silva, MD
4:30pm	Q&A Panel	McKeown, Moeller, Hang, de Silva, Dr. Kent Smith
6:30pm	Reception	

SATURDAY, SEPTEMBER 19 AT THE HILTON

Room #1

TIME	TITLE	SPEAKER
7:30am	Social Media Expert	Anastasia Turchetta, RDH
8:00am	Cooper Clinic #1	Dr. Nina Radford, MD, Cardiologist
9:00am	Cooper Clinic #2 Nutrition for Health: Insights, Recommendations & Hot Topics	Molly Wangsgaard, MS, RDN, NSCA-CPT
10:00am	BREAK	
10:30am	Cooper Clinic #3	Meridan Zerner, MS, RDN, CSSD, LD, Exercise Science Expert
11:30am	Cooper Clinic Panel Q&A	
Noon	Lunch/Exhibits - Steve Anderson in the Lunch Room	
1:15pm	Healthy Dentistry: A Humanistic Dental Practice	Dr. Jeff Rouse, DDS
2:15pm	BREAK	
3:00pm	AAOSH Prizes, Thank Yous	
3:30pm	Dental Oncology: Bridging the Medical/Dental Gap for Better Cancer Care	Dr. Dennis Abbott, DDS Dr. David Schwartz, MD
6:00pm	VIP Dinner- Available to anyone wishing to attend at \$115/ticket	

Room #2

TIME	TITLE	SPEAKER
1:15pm	5.5 Simple Steps to Jumpstart Diagnostic Coding	Christine Taxin
2:15pm	BREAK	
6:00pm	VIP Dinner- Available to anyone wishing to attend at \$115/ticket	

SUNDAY, SEPTEMBER 20 AT THE HILTON

Room #1

TIME	TITLE	SPEAKER
8:00am-12:00pm	Preventing Heart Attacks, Strokes, & Diabetes: A Collaborative Approach Between Medicine and Dentistry to Create Optimal Patient Wellness	Dr. Brad Bale, MD Dr. Amy Doneen, DNP, ARNP

Room #2

TIME	TITLE	SPEAKER
8:00am-9:30am	Sleep is NOT a 4-Letter Word	Dr. Kent Smith, DDS
9:30am-12:00pm	The Oxygen Advantage: Addressing dysfunctional breathing in athletes and simulating high altitude training to improve aerobic and anaerobic sports performance	Patrick McKeown, BA, MA

Room #3

TIME	TITLE	SPEAKER
6:30am	Mind Over Mattress: A Gentle Wake Up and Stretch	Dr. Uche Odiatu, DMD
8:00am-12:00pm	The ROAD to Resilience: Hard Core Strategies to Live your Best Life	Dr. Uche Odiatu, DMD

Xlear, Inc.: Making Xylitol Use Simple

Over 60 years ago researchers began understanding the oral health benefits of xylitol. Since then, xylitol has become commonplace in many regions of the world and is becoming increasingly popular here in the United States. A larger number of dentists and hygienists understand what xylitol is and have experienced how it drastically improves oral health. In the past decade, the use of xylitol in a nasal spray has also gained traction as doctors have seen the improvement in upper respiratory health and quality of sleep. The bigger problem in recent years, however, is knowing how to help patients use xylitol products in their daily lives. Creating a new habit requires effort and often fails when the first problem arises. For those wanting to implement a xylitol protocol, the issue was a lack of easy access to the products.

Knowing how important oral and upper respiratory health is to the body as a whole and understanding how xylitol can help, Xlear, Inc. paved new roads in order to make the Spry Dental Defense System and Xlear Sinus Care products more available to the general public. Spry products are now available in Whole Foods, Sprouts Market, and other natural food stores. Also Xlear products are now available in all CVS Pharmacies across the country. In opening these doors, Xlear, Inc. hopes to more fully realize its mission of providing simple, healthy, and cost-effective prevention. The benefits of xylitol are now readily available to everyone through Spry and Xlear.



WELCOME TO DALLAS FOR THE 2015 AAOSH HEALTHCARE ROUNDUP

Welcome to Dallas, and the 5th Annual Scientific Session of the American Academy for Oral Systemic Health (AAOSH)!

You will hear leading world authorities in their respective fields present cutting-edge science, invaluable practice & patient management techniques, and highly effective marketing strategies to help you deliver the best care, and to grow your practice in today's quickly changing health care landscape.

Thursday be sure to join us for a tour of the world famous Cooper Clinic – the shuttle leaves at 2:30 p.m.



Friday we all meet together at 8:00 a.m. to hear Dr. Kenneth Cooper, founder of the Cooper Clinic, and the Father of Aerobics. Then we break into two main rooms: 1) to learn about the blood-borne bacterial aspect of the oral-systemic link, or 2) to learn about the airway / sleep apnea / breathing / orthodontic (structure) / myofunctional therapy (function) aspect of the oral-systemic link. At 5:00 p.m. is our AAOSH reception – please join us for food, fun, and great networking!

Saturday morning we all meet together to hear top experts from the Cooper Clinic regarding overall health and the oral-systemic link. The afternoon has a choice of speakers, then all together again for an extremely important session on dental oncology. The VIP reception Saturday evening is always a highlight of the weekend!

Sunday sessions allow you to delve deep into one of three topics of your choice – all are phenomenal speakers with absolutely life-changing information!

Our vendors and sponsors provide you and your patients with products and services essential to great patient care and business growth. These companies are the best of the best! Please visit with them and see the great products and services they have to offer - and maybe even take home some great prizes by playing AAOSH Bingo.

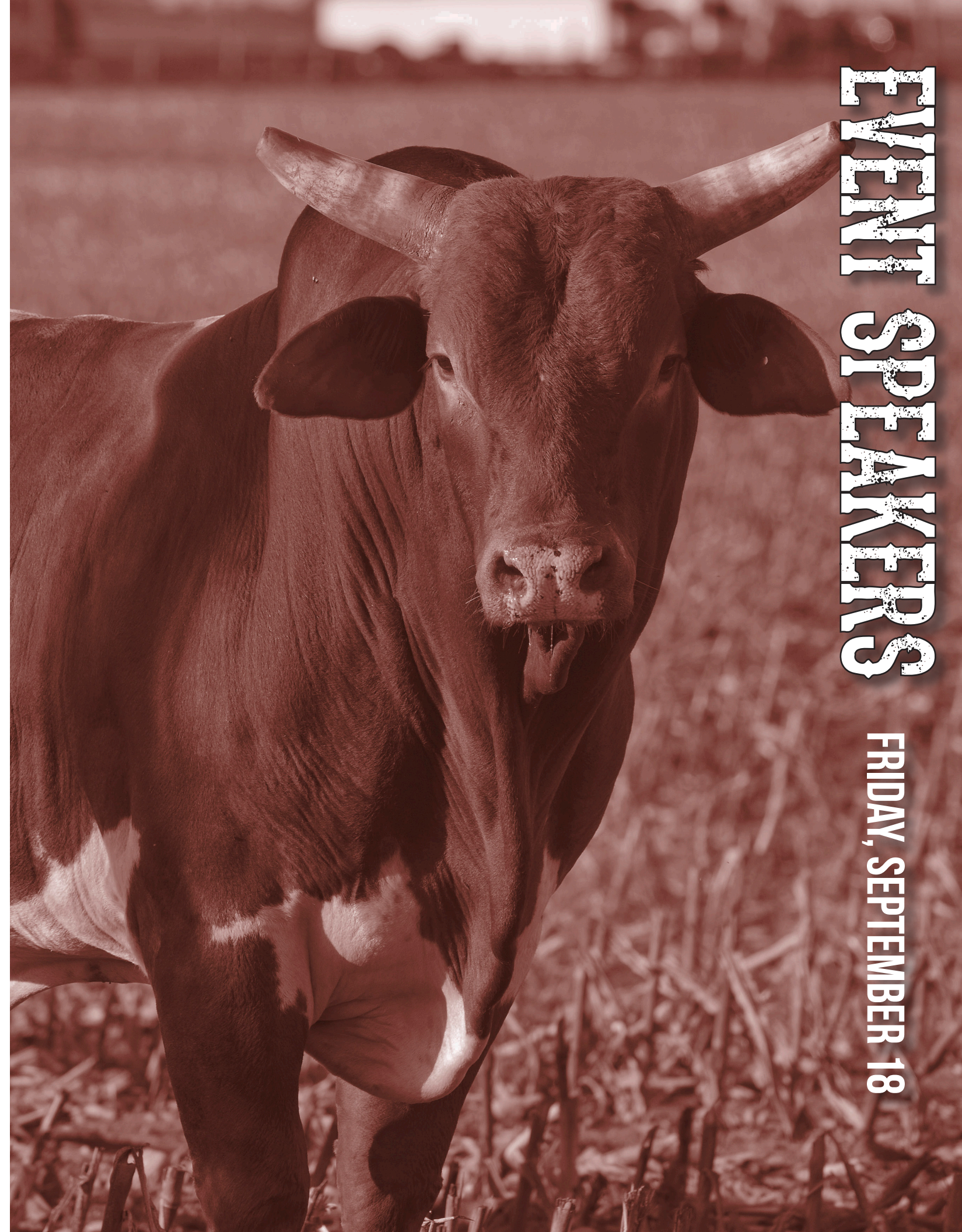
I want to thank the many people behind the scenes who have volunteered countless hours to make this meeting a success. Your enjoyment and benefit from this meeting will in large measure be due to their efforts and commitment to our common cause.

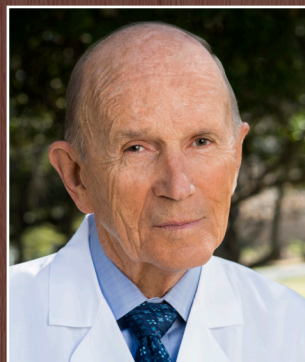
As you experience the life-changing information of AAOSH, plan who you will invite to become members and to join us in Orlando for our 2016 Annual Scientific Session!

Dr. Mike Milligan
Program Chair

EVENT
SPEAKERS

FRIDAY, SEPTEMBER 18





Dr. Kenneth H. Cooper, MD, MPH

*For more than 45 years, Dr. Cooper has inspired millions to exercise for good health with the release of his first best-seller *Aerobics*. As a leading pioneer of preventive medicine, he challenges everyone to follow “8 Healthy Steps” to live better both sooner and later: maintain a healthy weight; eat healthy most of the time; exercise most days of the week; take the right supplements for you; stop smoking; control alcohol; manage stress; get a regular, comprehensive physical exam. Dr. Cooper serves as Chairman of seven health and wellness companies and The Cooper Institute.*



Dr. Doug Thompson, DDS

Dr. Thompson graduated from University of Michigan School of Dentistry. In 1997, he bought an established private practice in Bloomfield Hills, Michigan, and practices there today. He employs advanced DNA bacterial testing methods and other leading-edge dental science to enable early risk assessment and personalized treatment planning. Dr. Thompson is also the founder of Impact Dental Solutions, a company focused on assisting dentists with implementation strategies designed to put knowledge to work in their daily practices.

Dr. Kenneth H. Cooper

8:15 a.m. - Room #1 | Dr. Kenneth H. Cooper, MD, MPH

For four decades, Dr. Cooper has been at the vanguard of a highly successful campaign to improve health and wellness. 45 years ago, he introduced the world to a new word and a new concept — aerobics — launching a global fitness revolution. Since publishing his international bestseller, *Aerobics*, in 1968, Dr. Cooper has ignited an international passion for health and wellness. He is credited with motivating more people to exercise in pursuit of good health than any other person. In 1968, only 100,000 people were jogging in America. That number is now more than 30 million strong, thanks to the work and influence of Dr. Cooper.

A native Oklahoman, Dr. Cooper has deep roots in the Southwest. After completing his medical education at the University of Oklahoma and at the Harvard School of Public Health, plus 13 years of military service, he founded the Cooper Aerobics Center in Dallas in 1970. Today he works alongside his son, Dr. Tyler Cooper, at the helm of Cooper Aerobics and its eight diverse entities dedicated to helping others Get Cooperized and make good health a habit.

It is our great pleasure to pay tribute to a world-class physician and scientist for his many accomplishments and to present to you the “father of aerobics,” founder and chairman of Cooper Aerobics, Dr. Kenneth Cooper.

Periodontal Disease and Modern Medicine - Salivary Bacterial Testing and Highly Effective Therapeutic Protocols

10:00 a.m. - Room #1 | Dr. Doug Thompson, DDS

Exposure to the latest information about oral disease and its systemic impact coupled with the concept of early heart disease detection and management has created opportunities to identify and stabilize any disease that contributes to total body inflammation. For dentists, this would be any patient with active periodontal disease. At the root of most periodontal infections are bacteria. After looking at the microbial profile of every periodontal infection I propose to treat, I have changed my focus from striving to provide only ideal periodontal health to understanding the potential effects this disease has on total body wellness.

This presentation will outline the criteria for the development of an office wide periodontal policy. It will outline how periodontal disease awareness sparks further medical evaluation. Emerging science in vascular disease and stroke prevention reinforces our concern. It will also create awareness about the opportunity to integrate our dental practices with medical practices, and physicians that have aligned thinking, to take an integrative oral medicine approach.

Learning Objectives:

1. Understand the role of salivary diagnostics in periodontal disease management.
2. Understand a basic disinfection protocol that works.
3. Understand the collaborative opportunity between dentists and physicians.

Living a Superman Life: The Secrets to Optimal Health & Performance

1:15 p.m. - Room #1 | Dr. Jill Wade, DDS and Dr. Jeff Gladden, MD

Course Description

1. List the top 10 things people can do to optimize their health.
2. Understand tests that can reveal a patient’s current health status.
3. Recognize influencers both good and bad to a patient’s health.
4. Create a mental picture of the future of preventive medicine and dentistry.
5. Q&A for last 15 minutes.

Oral Systemic Health: From Pre-Natal to Pre-Adolescent

3:00 p.m. - Room #1 | Dr. Mark Cannon, DDS, MS

This presentation covers oral and systemic health from pre-natal to pre-adolescence with emphasis on prevention and the connection between oral health and systemic health.

Recent research has shown that many of today’s illnesses are from a disruption to what was our normal biofilm (bacterial complex on our body). We have 10 times more bacteria cells in and on us than human cells, moderating all of our body’s reactions to the environment, and determining if we are healthy or sickly.

A disrupted biofilm leads to “leaky gut” and a host of associated autoimmune and immune mediated systemic illnesses. Published scientific peer reviewed research has demonstrated the cause effect relationship of the pathogenic biofilm with autistic spectrum disorder, Type II diabetes, multiple sclerosis, cardiac disease, I.B.S. and even possibly Celiac’s disease, just to name a few.

The development of the pathogenic biofilm occurs very early on in life, even by poor pre-natal health practices prior to birth. But we can help create a beneficial “biofilm” with a combination of prebiotics, probiotics, and supplements. Fortunately there are also naturally occurring carbohydrates, such as xylitol and erythritol that inhibit the pathogenic bacteria restoring a balanced biofilm.

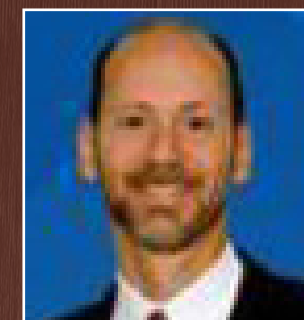
Learning Objectives

1. The attendee will understand the relationship between the human microbiome and human health, especially the intimate relationship of the biofilm to autoimmune disorders.
2. The continuum of pre-natal maternal imprinting through adulthood biofilm maturity and the age changes, dietary effects and environmental influences will be explained.
3. Possible interventions, including prebiotic and probiotic supplementation, will be explained and the protocols presented to the participant.



Dr. Jill Wade, DDS

Dr. Wade graduated with a doctor of dental surgery degree from Baylor College of Dentistry. In 2000, she was granted fellowship in the Academy of General Dentistry and in 2010 became a Master of the AGD. Her high-tech cosmetic and general dentistry practice in Frisco, Texas focuses on comprehensive and positive experiences for patients while achieving quality results.



Dr. Jeff Gladden, MD

Dr. Gladden devotes his time to preventative cardiology, elite health optimization, cardiovascular program development at surrounding hospitals, and medical device and services development. He has been practicing in North Texas since 1988, and founded Advanced Heart Care in 1997. Dr. Gladden also co-founded the Heart Hospital at Baylor Plano.



Dr. Mark Cannon, DDS, MS

Dr. Cannon received his Doctorate of Dental Surgery from the University of Nebraska, and attended Northwestern University for his Masters of Pediatric Dentistry. He completed his residency at Children’s Memorial Hospital and received Diplomate status by the American Board of Pediatric Dentistry. Dr. Cannon is the senior partner and founder of Associated Dental Specialists of Long Grove, starting the practice in 1981.



Patrick McKeown, BA, MA

Patrick McKeown is Director of Training and Education for Buteyko Clinic International and the author of eight books on the Buteyko Method, including The Oxygen Advantage. He received his accreditation as a Buteyko breathing practitioner by the late Dr. Buteyko, and is one of a few people in the western world to hold this qualification. He teaches the Buteyko Method internationally.

The Oxygen Advantage: Breathing Re-education for Sleep Disorders and Respiratory Care

10:00 a.m. - Room #2 | Patrick McKeown, BA, MA

Learning Objectives:

Participants will be able to:

1. Identify dysfunctional breathing patterns.
2. Define breathlessness during physical activity using comfortable breath hold time.
3. Implement breathing technique to dilate blood vessels and improve delivery of oxygen to the cells.
4. Demonstrate breath holding exercises to lower oxygen saturation in the blood and simulate high altitude training.
5. Describe the beneficial effects of breath holding for improved sports performance.

Myofunctional Therapy as a Critical Missing Piece in the Treatment & Prevention of Sleep Disorders

11:00 a.m. - Room #2 | Joy Moeller, BS, RDH

Myofunctional therapy has been known in the research since the early 1900s. Now with current research linking treatment protocols to success as an adjunctive treatment to parafunctional habit control, early interceptive orthodontic treatment, post-orthodontic retention, obstructive sleep apnea, temporal mandibular joint dysfunction and recognition and treatment of restricted frenums, dentists and hygienists may want to incorporate a systematic program into their practice. This program will enable the dentist and hygienist to assess the importance of including myofunctional therapy as a vital aspect of total treatment.

Learning Objectives:

1. Define Myofunctional Therapy and its Relationship to Prevention and Treatment of Periodontal Disease.
2. Become aware of the current Evidence Based Science in Myofunctional Therapy.
3. Recognize oral facial muscle abnormalities and habits.
4. Understand proactive intervention for TMD, OSA and Orthodontic relapse modalities that a myofunctional therapist may perform.
5. Educate the patient as to the value of early treatment and prevention.
6. Learn how/why to incorporate myofunctional therapy into your practice.



Joy Moeller, BS, RDH

Joy Moeller, BS, RDH, is a Registered Dental Hygienist and a former associate professor Indiana University School of Dentistry. She has been practicing orofacial myofunctional therapy for more than 30 years. She currently holds a position at the Sleep Medicine Mini Residency Program at NYU. She received her dental hygiene degree from Prairie State College in Chicago Heights, Illinois.

AIRWAY-kening™ Dentistry: To Become the Center of Health Care

1:15 p.m. - Room #2 | Dr. William Hang, DDS, MSD

Course Description

This presentation will suggest that “moderate midfacial retrusion” is not inevitable. With early orthodontic care to develop both the upper and lower jaws forward (the exact opposite of traditional orthodontic treatment) optimum facial balance is possible. Although the esthetic improvements are astonishing the effect of such treatment is far more than esthetic with improvements of the posterior airway space of 4-500% being possible. This provides a stark contrast to a dramatic reduction in this measurement with certain forms of traditional orthodontic treatment. The importance of this airway measurement on TMJ problems and sleep apnea will be discussed and the critical need for a new paradigm in orthodontic care made apparent. Quantifiable documentation of results will be used to support the ideas presented.

Learning Objectives:

1. Rest oral posture is the most important concept we never learned in dental school.
2. Retraction of the teeth is NEVER a good idea.
3. The traditional time for orthodontics in adolescence is usually too late to optimize facial balance/airway.
4. The profession's divisive argument about “Centric Relation” needs to be replaced by “Airway Centric™” thinking.

Sleep Apnea: A Cry for Help

3:00 p.m. - Room #2 | Dr. Bertrand de Silva, MD

Learning Objectives:

1. Understand the pathophysiology of sleep apnea.
2. Understanding the long-term complications of undiagnosed and untreated sleep apnea.
3. Understanding the financial ramifications of undiagnosed untreated sleep apnea.



Dr. William Hang, DDS, MSD

Dr. Hang is founder of Face Focused in California, a truly unique orthodontic practice with strong emphasis on facial esthetics achieved with innovative early treatment and adult treatment. He was the Founding President of the North American Association of Facial Orthotropics®, is a board member of the American Association of Physiological Medicine and Dentistry, and is an advisor to the Academy of Orofacial Myofunctional Therapy.



Dr. Bertrand de Silva, MD

Dr. Bertrand de Silva is a graduate of the St. Thomas Hospital Medical School, University of London, England. He completed his Internal Medicine training at USC County Hospital, Los Angeles and a Pulmonary, Critical Care and Sleep Fellowship at Cedars Sinai Hospital. He is board certified in all these fields. He is currently a Staff Intensivist for Cogent Health Care at St. Bernadine's San Bernardino and Safe ICU Medical Group in Fountain Valley.

Social Media Expert

7:30 a.m. - Room #1 | Anastasia Turchetta, RDH

Learning Objectives:

1. What you don't know you don't know.
2. How to get started.
3. What are some common mistakes.

Cooper Clinic #1

8:00 a.m. - Room #1 | Dr. Nina Radford, MD, Cardiologist

Learning Objectives:

1. Identify the seven components of "Ideal Cardiovascular Health," a new risk prevention paradigm put forth by the American Heart Association.
2. Learn about the four key health habits in this paradigm and how to achieve them.
3. Recognize the current controversies about treating three major health factors featured in this paradigm.

Nutrition for Health: Insights, Recommendations & Hot Topics

9:00 a.m. - Room #1 | Molly Wangsgaard, MS, RDN, NSCA-CPT

Description:

Mediterranean, vegetarian, Paleo, ... there's no shortage of diets trending today. Headlines and internet hype can confuse things even more. We're inundated with nutrition info. This presentation will help cut through the clutter and provide nutrition recommendations for health and disease management.

Objectives:

At the end of the presentation, you should be able to:

1. Explain key components of a healthy eating pattern.
2. Describe nutrition recommendations for the management of at least one systemic disease.
3. State the truth behind a common nutrition myth.



Anastasia Turchetta, RDH

Anastasia Turchetta works with various companies and dental practices on their social media presence via video blogging, hosting and marketing. Her brand "America's Dental Hygienist" skillfully connects consumers and dental professionals. She presents webinars, CE or keynote programs. A practicing clinical hygienist of 27 years, Anastasia recently received the honor of Top 25 Women in Dentistry 2014.



Dr. Nina Radford, MD, Cardiologist

Dr. Radford is a staff cardiologist and Director of Clinic Research at Cooper Clinic in Dallas, Texas. The focus of her clinical practice is the prevention of coronary heart disease as well as the use of cardiovascular imaging to diagnose preclinical and clinical cardiovascular disease. The focus of her clinical research is aimed at understanding the impact of gender on cardiovascular wellness. She received her MD from Mount Sinai School of Medicine.



Molly Wangsgaard, MS, RDN, NSCA-CPT

Molly Wangsgaard joined the Cooper Clinic team in 2015 and specializes in weight management, sports nutrition, healthy living, program development and project management. She received Bachelor of Science degrees in Human Nutrition and Kinesiology from Kansas State University; a Master of Science in Human Nutrition, Foods and Exercise from Virginia Tech; and completed her dietetic internship at Vanderbilt University Medical Center.



Meridan Zerner, MS, RDN, CSSD, LD, Exercise Science Expert

Meridan Zerner joined the Cooper Clinic Nutrition Department in 2007. She specializes in weight management, exercise and sports nutrition, cardiovascular health and nutrition through the life cycle. Meridan is a member of the American Academy of Nutrition and Dietetics and the Sports and Cardiovascular Nutritionists practice group. She is a Certified Wellness Coach and holds a Master of Science in nutritional science with an emphasis in health promotion from the University of Oklahoma and a Bachelor of Science from Syracuse University.



Dr. Jeff Rouse, DDS

Dr. Rouse maintains a full-time private practice and is an Adjunct Assistant Professor in the Department of Prosthodontics at the University of Texas Health Science Center at San Antonio. After graduation from dental school in San Antonio, he completed a two-year General Practice Residency at the University of Connecticut Health Science Center. Dr. Rouse received his specialty certificate in Prosthodontics from the University of Texas Health Science Center at San Antonio in 2004.

Cooper Clinic #3

10:30 a.m. - Room #1 | Meridan Zerner, MS, RDN, CSSD, LD, Exercise Science Expert

Learning Objectives:

1. Learn the Cooper philosophy for extending the quantity and quality of your life.
2. Understand the three main components of a balanced, efficient exercise regime.
3. Assess when, what, where, and how long to exercise for optimal results.
4. Create an efficient, realistic ACTION PLAN that works for you.
5. Be challenged to find ways to become more active – every day.

Healthy Dentistry: A Humanistic Dental Practice

1:15 p.m. - Room #1 | Dr. Jeff Rouse, DDS

“Active doctors cure, receptive doctors heal. In curing the doctor does it all. In healing the patient actively participates.” - Dr. Robert Barkley

Before his untimely death in 1977, Dr. Bob Barkley, a stalwart of the preventive dentistry movement, wrote a little known article “On Becoming a Humanistic Dentist.” In it he outlines a new vision for dentists as “a person whose purpose is to help others to get in touch with their own strengths and develop their own capabilities in order to become more effective human beings.” He notes that “most people lack specific preferred futures for their general health and dental health; they simply react to immediate problems.” This lecture will expand on the preventive dentistry concept bringing dentistry into the arena of general health. Sleep and diurnal airway management plays a major role in healing. Dentistry is uniquely positioned to make a significant difference in our patient health far earlier than the medical practitioner. The lecture will highlight strategies for early detection and patient centered resolution of sleep and airway issues.

Learning Objectives:

1. How to detect the initiator for airway derived health complications during a comprehensive dental examination.
2. Understand pre-apnea flow limitations and the significant destruction that excessive sympathetic activation can wreak.
3. Airway treatment strategies focused on the patients’ strengths and desires rather than medical dogma.

Dental Oncology: Bridging the Medical/Dental Gap for Better Cancer Care

3:30 p.m. - Room #1 | Dr. Dennis Abbott, DDS & Dr. David Schwartz, MD

Learning Objectives:

1. The presenters will illustrate the importance of the dental professional’s role as a member of the cancer care team and how proper attention to oral health before, during, and after cancer therapy can positively impact systemic health and quality of life for all patients battling cancer.
2. The presenters will provide specific information regarding the direct impact of radiation therapy on oral health for patients suffering from oral and head and neck cancers and outline potential strategies to protect the dentition and other oral structures during radiation therapy.
3. The presenters will introduce new radiation therapy techniques and discuss how they can influence oral cavity radiation dose to minimize complications during and after treatment for oral and head and neck cancers.

5.5 Simple Steps to Jumpstart Diagnostic Coding

1:15 p.m. - Room #2 | Christine Taxin

Dental practices can, and should, help protect patients from dangerous medical conditions. Behaving more like a “Wellness Center” not only changes your relationship with your patients, but your practice can bill for increased wellness benefits through dental insurance and medical insurance – just like oral surgeons have done for decades!

Practitioners find it rewarding both emotionally and financially to work with patients to address Periodontal Disease, Sleep Apnea, TMD and other conditions. Dental practices can add new diagnostic tools and treatments to support the general health of patients and increase profits. Learn recommended documentation techniques to support diagnostic and treatment decisions, as well as to prevent problems with medical and dental benefit plans.

Course Objectives:

1. Understand how to update the medical history intake system with clues to the oral systemic links.
2. Understand diagnosis codes and how to implement them on dental and medical claim forms.
3. Learn how to access dental insurance wellness benefits.
4. Learn how to develop and document an effective case.



Dr. Dennis Abbott, DDS

Dr. Abbott is the founder and CEO of Dental Oncology Professionals, an oral medicine practice based in Dallas, dedicated to care for the unique dental and oral health needs of individuals battling cancer. Dr. Abbott is an honor graduate of Baylor College of Dentistry in Dallas. After dental school, Dr. Abbott studied immunology, microbiology, and oral medicine at the School of Dental Medicine, State University of New York at Buffalo. In addition to private practice, he is a member of the dental oncology medical staff at Baylor Charles A. Sammons Cancer Center and Baylor University Medical Center in Dallas.



David Schwartz, MD

Dr. Schwartz is an Associate Professor in the Department of Radiation Oncology at UT Southwestern Medical Center and currently serves as the chief of the head and neck team at UT Southwestern Radiation Oncology. A California native, Dr. Schwartz graduated from Stanford University and earned his medical degree at Geffen School of Medicine at UCLA. He completed his residency in radiation oncology at University of Washington and Fred Hutchinson Cancer Center, both in Seattle.




Christine Taxin

Christine Taxin is the founder and president of Links-2Success. She delivers continuing education seminars for dental and medical professionals and serves as an adjunct professor at the New York University Dental School and Resident Programs for New York City Programs. She is the author of Codology.

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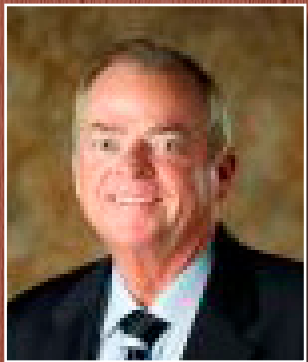
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EVENT SPEAKERS

SUNDAY, SEPTEMBER 20



Dr. Brad Bale, MD

Dr. Bale is an Adjunct Professor at Texas Tech Health Science Center, Medical Director of the Heart Health Program at Grace Clinic, Lubbock, Texas and runs a private practice in Gallatin, Tennessee. Dr. Bradley Bale is one of the nation's leading specialists in preventing heart attacks, stroke and diabetes. Since 2001, he's given numerous presentations to medical and dental groups in the U.S. and abroad.



Dr. Amy Doneen, DNP, ARNP

Dr. Doneen is an international leader in preventing heart attacks, stroke, and diabetes. She is the co-founders of the Bale/Doneen Method and the co-principle lecturer and researcher for this method of CVD Prevention. She is the medical director of Heart Attack & Stroke Prevention Center and adjunct Professor at Texas Tech Health Sciences.

Preventing Heart Attacks, Strokes, & Diabetes: A Collaborative Approach Between Medicine and Dentistry to Create Optimal Patient Wellness

8:00 a.m. - 12:00 p.m. - Room #1 | Dr. Brad Bale, MD & Dr. Amy Doneen, DNP, ARNP

2015: Special emphasis on implementation in your office

Q&A last 15-30 minutes

Dr. Bale and Dr. Doneen are among the nation's leading specialists in preventing heart attacks, stroke and diabetes. Their work has been published in numerous respected medical journals. Their book, *Beat the Heart Attack Gene*, has been a successful national seller. This course will focus on the scientific data objectively linking vascular health with oral health. The clinical application will allow for the medical and dental providers to work together to formulate an action plan back to practice. Lastly, we will discuss the financial opportunities associated with broadening your dental practice, bringing optimal health and growth to your practice and the wellness of the patient. Creating a healthy you and a healthy patient!

Learning Objectives:

Science:

1. Appreciate what actually causes a heart attack or ischemic stroke – event reality.
2. Recognize the plethora of health issues associated with increased CV risk.
3. Comprehend inflammation as causal of arterial disease.
4. Assess the level of arterial inflammation with a few simple bio-markers.
5. Enumerate the mechanisms by which periodontal disease and endodontic disease can promote arterial disease.

Clinical Application – the Medical/Dental Model:

1. Identify DNA tests which can analyze a patient for periodontal pathogens.
2. Appreciate the role of sophisticated imaging to identify asymptomatic peri-apical abscesses.
3. Identify means to communicate dental findings to the medical providers to promote a collaborate approach to wellness.
4. Formulate plan to bring a collaborative oral/systemic message back to your practice.

Financial:

1. Analyze periodontal and endodontic diagnosis and treatment as a means to reduce medical costs and drive revenue in your dental practice.
2. Incorporate the knowledge from this course into a dental practice focused on managing oral health for cardiovascular wellness.
3. Brand your practice as a practice that promotes vascular health as well as dental health.

Sleep is NOT a 4-Letter Word

8:00 a.m. - 9:30 a.m. - Room #2 | Dr. Kent Smith, DDS

Learning Objectives:

1. Discover why sleep is more important than exercise and diet.
2. Learn 20 ways to get a better night of sleep.
3. Which patients in your practice are suffocating every night as they slumber.

The Oxygen Advantage: Breathing Re-education for Sleep Disorders and Respiratory Care

9:30 a.m. - 12:00 p.m. - Room #2 | Patrick McKeown, BA, MA

Q&A last 15-30 minutes

Learning Objectives:

1. Recognize the need for breathing re-education in sleep disordered breathing.
2. Perform exercises to decongest the nose.
3. Implement techniques to help establish nasal breathing.
4. Deliver breathing retraining guidelines to help restore physiologically normal breathing.

Mind Over Mattress: A Gentle Wake Up & Stretch

6:30 a.m. - Room #3 | Dr. Uche Odiatu, DMD

The ROAD to Resilience: Hard Core Strategies to Live Your Best Life

8:00 a.m. - Room #3 | Dr. Uche Odiatu, DMD

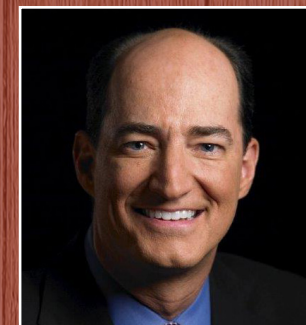
It is much easier to communicate whole body health principles to your patients and integrate this new approach into your entire office when you are living the daily disciplines and enjoying TOTAL health. There is no doubt that being a top health care provider takes a lot out of you. This dentist/trainer/wellness author will share insider strategies on how to make time for exercise:

1. The latest info on HIIT (High Intensity Interval Training).
2. Stress busting strategies to lower cortisol.
3. Learn the language of nutrition/supplementation.

Whether you are a dentist, hygienist, manager, or dental assistant, improving your physical condition will enhance everything you do. John F Kennedy said, "Physical fitness is the basis of all forms of excellence."

1. BECOME your patient's best role model for OPTIMAL HEALTHY living.
2. Motivate your dental team to implement "MOUTH BODY" connection protocols.
3. CREATE a personal blueprint to stay healthy, active and keep your edge at any age.

Q&A last 15-30 minutes



Dr. Kent Smith, DDS

Dr. Kent Smith is a Diplomate of the American Board of Dental Sleep Medicine and is on the Advisory Committee of the Australasian Academy of Dental Sleep Medicine. He teaches dental sleep medicine seminars in the Dallas area and hosts "Pillow Talk," a weekly radio program in the Dallas area. Dr. Smith was the first in Texas to be awarded a Dental Sleep Medicine Facility Accreditation and is the creator of the 2012 "Best Sleep Hygiene" app.



Patrick McKeown, BA, MA

Patrick McKeown is Director of Training and Education for Buteyko Clinic International and the author of eight books on the Buteyko Method, including The Oxygen Advantage. He received his accredited as a Buteyko breathing practitioner by the late Dr. Buteyko, and is one of a few people in the western world to hold this qualification. He teaches the Buteyko Method internationally.



Dr. Uche Odiatu, DMD

Dr. Odiatu is a certified nutrition and wellness consultant and an NSCA certified personal trainer. He is also a licensed ZUMBA instructor and the co-author of two books: The Miracle of Health and Fit for the LOVE of It! He is a professional member of the America College of Sports Medicine. He inspires audiences at conferences around the world and on radio and TV shows including ABC's 20/20 and Canada AM.

Lunch with an Expert

Friday, September 18

Who: Oravital, Oral DNA, Oral ED, Perio Protect, Dog Star Media, Oragenics, Gary Kadi

Sign up for a private lunch with one of our experts.

No preset presentations, just a chance to sit and talk and ask any question you want of our experts. Sign-up sheets are located at the AAOSH registration tables. First come, first served, 10 people to a table, with the exception of Gary Kadi who has three tables of 10 (30 people) for sign up.

Signs will be posted at lunch for the room your expert will be in.

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The future of medical and dental professionals working together for the best health of the patient is here now!! All of us here at AAOSH want to save your life now before you go out saving the lives of your patients. We have arranged for the lowest possible fees to take these tests, which include the CIMT, OralDNA, A1c, CRP, and the Biophotonic Antioxidant Scan. Maybe YOU will be crowned the very first AAOSH Oral Systemic Champion!



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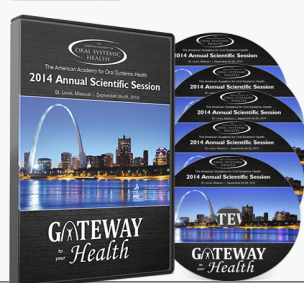


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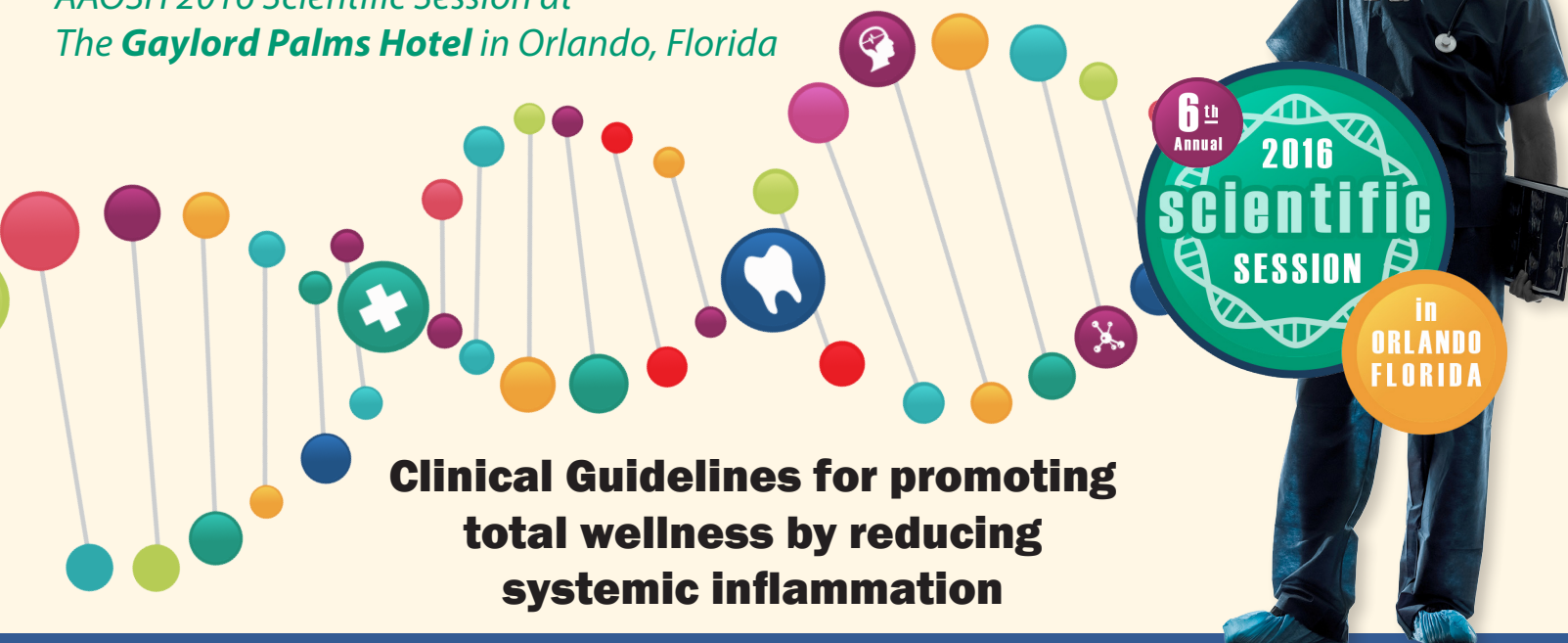
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2016 AAOSH Scientific Session Program Agenda

ORAL PATHOGENS

Sam Low DDS, MS

Periodontitis: A Disease of Inflammation

Lisa-Marie Samaha DDS

Clinical Guidelines for Oral Pathogens Screening, Testing, and Strategic Therapy

Stephen Brown DDS, MS

LANAP/Antimicrobial Therapy for Oral Pathogens

ASK THE EXPERTS (Panel Q & A)

Sam Low, Lisa-Marie Samaha, Stephen Brown, Stephanie Lodding, Tom Nabors

SLEEP DISORDERED BREATHING

Jim Metz DDS - Founding Member/Diplomate AADSM

SDB: 2016 Research Update

Steve Bender DDS - President AAOP

SDB: Protocols for Diagnosis and Strategic Therapy

Jamison Spencer DDS, MS

SDB: Parafunction and Oral Appliance Therapy Options

Ask the Experts (Panel Q & A)

Jim Metz, Steve Bender, Jamison Spencer

PRO-INFLAMMATORY DIET

David Seaman DC, MS

A Pro-inflammatory Diet: Oral-Systemic Effects, Including Chronic Pain Syndromes

Mary Beth Gierlinger RDH

Nutritional Education and Counseling

TOXINS

Susan Maples DDS

An Effective Smoking Cessation Program + Diabetes Detection in the Dental Office

Ask the Experts

David Seaman, Mary Beth Grininger, Susan Maples

Inspirational Speaker: Linda Miles

Oral Cancer Cause

GLOBAL MEDICAL CONSIDERATIONS

Bradley Bale M.D. / Amy Doneen R.N.

Reversing the Health Crisis: One Patient At a Time Emphasizing the Multiple Sources of Inflammation

Steven Masley M.D.

Smart Living for Optimal Aging Toxins, Physical Activity, etc

VERIFICATION OF ATTENDANCE

Participant's Name: (Please Print): _____

AGD #: _____ (Drs. only) License #: _____ E-mail: _____

Course Title: "Healthcare Roundup" AAOSH's 5th Annual Scientific Session
Friday - Sunday, September 18-20, 2015
The Hilton Hotel Lincoln Center and The Sheraton Galleria • Dallas, Texas

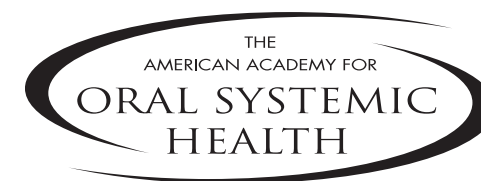
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VERIFICATION OF ATTENDANCE WORKSHEET

Friday, September 18, 2015 - 8 CE Credits

Science Track	Code	Science/Implementation Track	Code
Dr. Doug Thompson		Dr. Ken Cooper	
Dr. Patrick McKeown		Q & A Panel	
Joy Moeller		Mark Cannon DDS, MS	
Dr. William Hang		Dr. Jill Wade	
Dr. Bertrand de Silva		Dr. Jeff Gladden	

Saturday, September 19, 2015 - 8 CE Credits

Science Track	Code	Science/Implementation Track	Code
Anastasia Turchette		Dr. Nina Radford	
Dr. Jeff Rouse		Molly Wangsgaard	
Dr. Dennis Abbott		Meridan Zerner	
Dr. David Schwartz		Christine Taxin	

Sunday, September 20, 2015 - 4 CE Credits

Room #1	Code	Room #2	Code	Room #3	Code
Dr. Brad Bale & Amy Doneen		Dr. Kent Smith		Dr. Uche Odiatu	
		Dr. Patrick McKeown			



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