# AAOSH 2016 Scientific Session

September 16 - 17, 2016



# REVERSING

the Current Health Crisis
One Patient at a Time.

Clinical guidelines for promoting total wellness by reducing systemic inflammation



Approved PACE Program Provider FAGD/MAGD Credit
Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement 7/1/2016 to 6/30/2019
Provider ID#354219





# ORAL PROCEDURE should start with a NASAL PROCEDURE

## Help patients breathe easier before every oral procedure.

When patients can breathe deeply through their nose, everyone has a better experience. A quick dose of Xlear® Nasal Spray two minutes before a dental procedure will help open your patient's sinuses, making it easier for them to breathe through their nose. There will be less tongue wrestling, less aspiration of

saliva, fewer foggy mirrors, and conscious sedation will be more effective. Xlear is a saline spray with xylitol, which effectively opens up the airway without the use of steroids. It is non-habit forming, non-addictive and safe for all ages. Xlear is a safe and natural way to improve procedures for your patients, and yourself.



# Try it with your patients GET 50 FREE SAMPLE BOTTLES

at www.xlear.com/aaosh-xlear



America's #1 selling natural nasal spray

# LETTER FROM THE PRESIDENT

Welcome to our American Academy for Oral Systemic Health 6th Annual Scientific Session! The American Academy for Oral Systemic Health (AAOSH) is a connected collaborative community of dedicated healthcare professionals leading the Wellness/Preventive Healthcare movement.

**AAOSH Vision:** Profitable Preventive Healthcare is the New Norm by 2020 AAOSH

**Purpose:** Empowering Health & Success

**AAOSH Values:** #C<sup>3</sup>l<sup>2</sup>TO!

**This stands for:** #Connected Collaborative Community, Integrity, Innovation, Transparent, Obsessed!

Patients profit from preventive healthcare in better physical health, in reduced financial costs, and in improved quality of life. For most healthcare providers, though we know wellness/prevention is by far the best treatment for our patients, to date it has not been profitable enough to sustain in our practices so our patients suffer. As a country, the current "treat the disease" healthcare system will bankrupt us (cardiovascular disease - heart attacks and strokes, diabetes, cancer, dementia and Alzheimer's, respiratory disease, arthritis, sleep apnea, etc); so to remain profitable and financially viable we must "prevent the disease" (self-responsibility, control the bacteria and viruses in our bodies, minimize systemic inflammation, avoid tobacco, proper nutrition, physical activity and posture, manage stress, proper sleep, etc).

#### AAOSH is your #1 oral systemic resource! AAOSH empowers you to get:

- 1. Yourself healthier
- 2. Your patients healthier
- 3. Your healthcare practice healthier

#### The best way to implement Profitable Preventive Oral Systemic Healthcare in your practice is:

- 1. www.AAOSH.org go there and join AAOSH as a member. Then enjoy incredible information on our website, our AAOSH newsletters, our AAOSH email network, and our AAOSH webinars.
- 2. Attend our AAOSH Annual Scientific Sessions as you will see, it is most beneficial to bring your entire staff with you. We often hear "this is the best seminar I've ever attended!" You will learn so much from our incredible speakers. Be sure to master all you can from each vendor they have the leading oral systemic products and services for your patients and your practice. Take full advantage of your once-a-year opportunity here to network with the top oral systemic researchers, educators, and providers in the world.
- 3. Start implementing what you learn, as well as taking additional specific courses on oral systemic techniques or procedures you would like to incorporate into your practice.
- 4. Promote AAOSH to your colleagues and create study clubs and networks. This will keep you motivated and improving your health and healthcare practice all year long. With AAOSH, make "Profitable Preventive Healthcare YOUR New Norm by 2020!!!"

Michael L. Milligan, DMD AAOSH President

2016 AAOSH Scientific Session

GENERAL REGISTRATION			
Thursday, Sept. 15	6:30 p.m 8:00 p.m.	In front of the Sun Ballroom	
Friday, Sept. 16	6:30 a.m 8:30 a.m.	In front of the Sun Ballroom	

SCIENTIFIC EXHIBIT AREA & HOURS			
Friday, Sept. 16	6:30 a.m 9:30 p.m.	Exhibit Hall Florida C	
Saturday, Sept. 17	6:30 a.m 5:00 p.m.	Exhibit Hall Florida C	

<sup>\*</sup>Join us in recognizing our sponsors. Xlear as our Diamond Sponsor; OraVital as program book sponsor, and CariFree for attendee bags.

PROGRAM HOURS		
Friday, Sept. 16	8:00 a.m 5:00 p.m.	Sun Ballroom Rooms A & B
Continental Breakfast	7:30 a.m.	Exhibit Hall Florida C
Lunch with the Experts (Friday only)	Noon - 1 p.m.	
Saturday, Sept. 17	8:00 a.m 5:00 p.m.	Sun Ballroom Rooms A & B
Continental Breakfast	6:30 a.m.	Exhibit Hall Florida C

# **LUNCH WITH AN EXPERT - FRIDAY, SEPT. 18 AT NOON**Who: Oral DNA, Gary Kadi and OraVital

Sign up for a small group 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.

#### YOGA

Friday, September 16 from 4:00 p.m. - 5:00 p.m. in the CAPTIVA Room

This is a SOLD OUT event, so you must be preregistered to attend. A wait list sheet is available at registration.

#### AAOSH HOSTED RECEPTION: SPONSORED BY AAOSH

Friday, September 16 from 5:30 p.m. - 8:30 p.m. in Exhibit Hall Florida C

#### **VIP BANQUET DINNER**

Saturday, September 17 on the "BOAT" at the MOOR Restaurant

**6:30 p.m. - cocktails and 7:00 p.m. dinner to follow** This is a ticketed event, ticket sales ended Sept. 15th. Dinner attire (tie & jacket optional)



"BOAT" at the MOOR Restaurant

FREE Drinks &

#### **SPECIALLY PREPARED MEALS**

All the meals at our AAOSH events are prepared for us under the strict guidelines of our executive director for the benefit of bringing optimal health to our attendees and members. These aren't the typical hotel meals.

We know this adds to the cost of participating at our events but it's highly beneficial in helping you stay disease-free. At our annual sessions over the years, we have had many clinicians, noted MDs and cardiologists correlate that food and prevention of disease go hand-in-hand. So, we do this to show you we "walk our talk" and how easy it is for all of you to eat correctly too. Eating correctly means eating a plant-based diet, rich in micro and macronutrients.

Studies have shown diets that fail to address nutritional quality fail to make a real dent in weight loss or other health parameters (New England Journal of Medicine 2008). These specially prepared meals are:

- Free of fat, sugar and salt (within the confines of what the hotel can provide)
- Micronutrient complete protein rich
- Anti-inflammatory
- Include life-extending phytochemicals

Please enjoy all the food we have prepared especially for you, our friends, who are the first link in the chain of health for ourselves, our families and our patients/clients.

#### HANDOUTS & SESSION RECORDINGS

Handouts are available at AAOSH.org on the 2016 Scientific Session page in the event section from speakers who have submitted them. **The passcode to access the files is ACT16**. Not all speakers choose to do so, which is why we make video recordings available for purchase after the event. At this time we do not offer DVDs of individual speakers 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 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 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, 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 healthcare leaders and health professionals dedicated to the relationship of oral health and whole body health. Its vision is to improve interdisciplinary healthcare 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 and on-demand); listing in "Find Oral Systemic Healthcare 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; 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 16 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 for that information. 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 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 this program book.



Approved PACE Program Provider FAGD/MAGD Credit Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement 7/1/2016 to 6/30/2019 Provider ID#354219

#### **AAOSH BINGO DIRECTIONS**

YOU HAVE MULTIPLE CHANCES FOR INCREDIBLE 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 final presentations. Must be present to win.

# SPONSORS

AAOSH wishes to thank the following sponsors, exhibitors and supporters of our 6th Annual Scientific Session. Please support these companies that make the practice of oralsystemic healthcare 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**



# **BRONZE SPONSORS**















# **PROGRAM BOOK SPONSOR**



# **RECEPTION SPONSOR**



# **EXHIBITORS**









Vasolabs



































# Friday A.M.

8:30 - 8:45 Introductory Remarks

8:45 - 9:45 Sam Low, DDS, MS

Periodontitis: A Disease of Inflammation

9:45 - 10:45 Lisa Marie Samaha DDS

Clinical Guidelines for Oral Pathogens Screening, Testing and Strategic Therapy

10:45 - 11:15 BREAK

Oral Pathogens

Breathing

Disordered

Sleep

11:15 - 12:00 Stephen Brown, DDS, FACD, FICD, FCPP

*The Future of Lasers in Periodontal Therapy:* 

Science, Hype or Snake Oil?

12:00 - 12:30 ASK THE EXPERTS (Panel Q & A)

Sam Low, Lisa Marie Samaha, Stephen Brown, Stephanie Lodding

12:30 - 1:30 LUNCH

# Friday P.M.

1:30 - 2:15 Jim Metz, DDS

An Update on the Science of Disordered Breathing & Sleep Apnea

2:15 - 3:00 Steve Bender, DDS - President AAOP Protocols for Diagnosis and Strategic Therapy

3:00 - 3:30 BREAK

3:30 - 4:15 Jamison Spencer, DDS, MS

Parafunction and Oral Appliance Therapy Options

4:15 - 4:45 Ask the Experts (Panel Q & A)

Jim Metz, Steve Bender, Jamison Spencer

# **Saturday A.M.**

8:15 - 8:30 Introductory Remarks

8:30 - 10:00 David Seaman, DC, MS

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

10:00 - 10:30 BREAK

10:30 - 11:15 Mary Beth Gierlinger, CHC, AADP

Nutritional Education and Counseling

11:15 - 11:45 Susan Maples, DDS

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

11:45 - 12:05 Ask the Experts

David Seaman, Mary Beth Grininger, and Susan Maples

12:05 - 1:15 LUNCH

**Saturday P.M.** 

1:20 - 2:00 Kyle Ash, DDS

Oral Cancer: Screening and Treating this Special Need Patient

2:00 - 3:15 Bradley Bale, MD

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

3:15 - 3:45 BREAK

3:45 - 5:00 Joe Chang, Ph.D.

*Understanding the Role of Antioxidant* and Gene Expression in the Aging Process

5:00 ADJOURN

2016 AAOSH Scientific Session

Reversing the Health Care Crisis... One Patient At A Time



**Dr. Ellie Phillips** 2015 Health Champion

Each year at our Scientific Session, AAOSH arranges for discounted health screenings.

In an effort to promote total health and wellness among our group, we celebrate the healthiest AAOSH member by inviting the person who gets the best cumulative results to our next Scientific Session free of charge.

Last year's healthiest member was Dr. Ellie Phillips. Ellie is a champion of health and wellness and has been involved with AAOSH since its founding meeting. We recently asked her to share her secrets for staying healthy with the AAOSH community, so we can all learn from her outstanding efforts.

# **How to become & stay healthy**

Imagine if we all knew exactly how to become—and stay—healthy.

Scientific studies give us clues, but I never miss an opportunity to question someone who has achieved ultimate fitness or longevity. This is why, when AAOSH asked me to write about how to become and stay healthy, I began to reflect on my own life. As an adult, I have enjoyed systemic and dental health without a single sick day or the need for dental treatment.

I was a baby boomer in Europe but my childhood was definitely not healthy. Antibiotics were rare in the UK at this time, and sick kids wheezed their way through years of bronchitis, fevers, and illnesses that are avoided or curtailed today. Perhaps this fight for survival was important—who knows?

In my teens I was part of the hippie culture that believed in eating muesli, drinking carrot juice and the benefits of yoga. We danced to the music of the Beatles as life evolved into a whirlwind of family commitment and dental practice. I may have forgotten how to dance the Twist, but I still believe in the value of nutritious, whole foods.

When I talk with older people who are healthy, it appears nutrition and exercise are part of every conversation. There are so many authorities on these subjects, and specific routines may not necessarily suit everyone. We must tailor advice to individual needs with careful assessment. Personalized medicine and dentistry should strive to do the same.

Stressing about food seems wrong, and I believe eating will always be healthier when it is for pleasure. I try to include veggies at most meals and follow an alkaline diet, eating for one's blood type, and with an understanding of the grain-brain philosophy. There are many books on nutrition and plenty of science to digest. High-intensity interval training seems to top the list of exercises for telomere protection, the goal of anti-aging. The problem is that I often find high-intensity training stressful, and some experts argue that distance running is best for brain health. Perhaps we should mix things up and simply try to make exercise part of a joyful-living strategy.

So I conclude that if we want to become and stay healthy, we must make conscientious and wise choices that are tailored to our individual preferences and needs. However, most important is the fact that an unhealthy mouth can easily compromise a healthy body. Oral pathogens damage anybody—even those who work out and eat good food. This is why oral health must be central to the development and sustainability of ultimate general health.

Thank you, AAOSH, for your dedication to the cause of Oral-Systemic Health. Let's take our message to the world!

#### Resources:

- The Acid-Alkaline Diet for Optimum Health Christopher Vasey N.D.
- Grain Brain David Perlmutter M.D.
- Eat Right For Your Type -Dr. Peter J'D'Adamo
- PACE. The 12-minute fitness revolution- Al Sears.

# Welcome to the 6th Annual Scientific Session of the American Academy for Oral Systemic Health!

What an opportunity we share to change the world together!

Today, the science of disease prevention is exploding, giving us, as health professionals, the capability to come beside our patients, friends, family members, and community to dramatically change their health.

Inflammation is the buzzword in medicine. It is a dominant factor in chronic, systemic illnesses. Identifying and addressing the multiple causes of systemic inflammation is key to a better quality of life and longevity for us all. This annual meeting is dedicated to the study of systemic inflammation and its role in the current health crisis in the western world. We will address several commonly encountered sources including oral pathogens, breathing disorders, pro-inflammatory diet, and toxins. In addition, we will discuss other genetic, environmental and lifestyle considerations.

I'm most excited to share together a panel of true experts in research and clinical application. The speakers chosen for this meeting are the very best of the best. They are highly respected colleagues who not only know the latest in the science of complete health but who also are in the trenches daily solving problems for the many patients they serve. Most are dear friends and mentors, for whom I have learned so much and have the upmost respect for as caring, compassionate professionals and human beings.



**DeWitt C. Wilkerson D.M.D.** *Program Chair* 

We are gathering this weekend because we share a common commitment to help resolve the present health care crisis, one person at a time. Enjoy the fellowship of the wonderful, likeminded colleagues with whom you share this experience. This is indeed a rare gathering of very special people. I'm confident you'll go home excited and anticipating our next gathering in 2017, in Salt Lake City!

Welcome to my home state of sunny Florida and the beautiful Gaylord Palms Resort. May this be a most memorable weekend in your life journey of significance and love for others — which is what it's all about!

Thank you, AAOSH, for your dedication to the cause of Oral-Systemic Health. Let's take our message to the world!

Witt
DeWitt C. Wilkerson D.M.D.
Program Chair





## **Periodontitis: A Disease of Inflammation**

8:45 - 9:45 a.m. | Sam Low, DDS, MS

Dr. Low is Professor Emeritus at the University of Florida and an associate faculty member of the Pankey Institute. He has 30 years of private practice experience in periodontics, lasers and implant placement. Dr. Low is past president of the American Academy of Periodontology and was selected Dentist of the Year by the Florida Dental Association, Distinguished Alumnus by the University of Texas Dental School, Gordon Christensen Lecturer Recognition Award, past president of the Florida Dental Association and past ADA trustee.



#### **Learning Objectives**

- ✓ Incorporate the paradigm: periodontal medicine into the practice.
- ✓ Describe unique parallels of periodontal disease progression to conditions as cardiovascular disease, diabetes and rheumatoid arthritis.
- ✓ Review risk assessment strategies to determine susceptibility.
- ✓ Consider genetics, diet (probiotics/nutraceuticals), and stress as variables in controlling disease.
- ✓ Manage gingival inflammation as a systemic and local immune response with antioxidants and microthin ultrasonic/ laser combos.

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

9:45 - 10:45 a.m. | Lisa Marie Samaha, DDS

Dr. Samaha is a general dentist who practices comprehensive cosmetic and reconstructive care. For more than 30 years, Dr. Samaha has pioneered her practice on the principles of total body wellness through complete health dentistry. Her practice maintains a special focus on the advanced, non-surgical treatment of periodontal disease and all aspects of the oral/systemic link. Observing a significant disconnect between the scientific research and its application in a clinical setting, Dr. Samaha founded the AGD/PACE approved Perio Arts Institute and teaches PerioPassion Dental Seminars.



#### **Learning Objectives**

- ✓ Learn evidence-based, step-by-step, and actionable clinical protocols to be on the leading edge of dentistry.
- ✓ Review the practical application of this evidence-based periodontal treatment protocol through dynamic case studies.
- ✓ Understand the role of targeted nutritional supplementation in the treatment of periodontal disease.

# The Future of Lasers in Periodontal Therapy: Science, Hype or Snake Oil?

11:15 a.m. - 12:00 p.m. | Stephen Brown, DDS, FACD, FICD, FCPP

Dr. Brown is Professor of Periodontics at the University of Pennsylvania and Temple University Schools of Dentistry. As implant division at Albert Einstein Medical Center Director, he is certified by the American Board of Periodontology, Fellow of American and International Colleges of Dentists, College of Physicians of Philadelphia and Academy of Osseointegration. He is in private practice, specializing in periodontics, dental implants, plastic and reconstructive periodontal surgery. He has served on the American Academy of Periodontology Board of Directors, been president of the Philadelphia and Pennsylvania Societies of Periodontics, and the Delaware Valley Academy of Osseointegration. Dr. Brown is an Examiner for the American Board of Periodontology.



#### **Key points will include:**

- ✓ What are the differences between the many lasers being used in dentistry and how they differ from each other? Are they all created equal?
- √ How does laser periodontal treatment differ from traditional pocket-elimination surgery?
- ✓ What is "LANAP" and is there evidence to support this treatment modality?
- ✓ How is the laser used for the successful treatment of "Ailing-Failing" implants?
- ✓ Is this method of treatment a "flash in the pan" or does this represent the dawn of a new future, solidly based on biology and physics?

# An Update on the Science of Disordered Breathing & Sleep Apnea

1:30 - 2:15 p.m. | Jim Metz, DDS

Dr. Metz has a general dental practice in Columbus, Ohio emphasizing on dental sleep medicine, TMD and reconstructive dentistry. He is the affiliate Director of The Ohio State University Medical Center Sleep Medicine Fellowship Program. He fills an important role in an ongoing research grant through the National Institute of Health, focusing on insulin dependence in adults with OSA and diabetes. Dr. Metz has held faculty appointments at both The Ohio State University College of Dentistry and Case Western Reserve School of Dental Medicine. The Ohio State Dental Board retains him as an expert for clinical dentistry. He has served on the board of directors of AADSM and Ohio Sleep Society. He is a Diplomate of the ABDSM.



#### **Attendees will understand:**

- ✓ What we know from the medical and dental literature that impacts dental sleep medicine
- ✓ How to evaluate outcomes of mandibular advancement therapy (MAD) and the different appliances available.
- ✓ Communication with our medical colleagues, what they want us to do and what they want to hear.

# **Protocols for Diagnosis and Strategic Therapy**

2:15 - 3:00 p.m. | Steve Bender, DDS - President AAOP

Dr. Bender is a full time faculty member of Texas A&M University Baylor College of Dentistry and assumed the role of director of facial pain and sleep medicine. He has earned Fellowship in the American Academy of Orofacial Pain, the American Headache Society, the International Academy of Oral Oncology, and the American College of Dentists. Dr. Bender holds the office of president of the American Academy of Orofacial Pain and is a past president of the Fourth District Dental Society of Texas and the Dallas Academy of General Dentistry. He formerly practiced general restorative dentistry and maintained a private practice devoted to pain management of the head and face, as well as sleep medicine.



#### **Learning Objectives**

- ✓ Learn to use validated questionnaires as part of your routine health history.
- ✓ Learn to incorporate pulse oximetry as an additional screening tool.
- ✓ Understand the important components of the physical exam to identify at risk patients as well as the health of the temporomandibular structures.

# **Parafunction and Oral Appliance Therapy Options**

3:30 - 4:15 p.m. | Jamison Spencer, DDS, MS

Dr. Spencer is the director of the Center for Sleep Apnea and TMJ in Boise, Idaho, and the director of dental sleep medicine for Lane and Associates Family Dentistry in Raleigh, North Carolina. He is also adjunct faculty at the Tufts Craniofacial Pain Center in both the craniofacial pain residency and dental sleep medicine programs. Dr. Spencer is the past president of the American Academy of Craniofacial Pain (AACP) and a founding faculty member of AACP's Institute and AACP/Tufts Dental Sleep Medicine program. He is a diplomate with multiple organizations including the American Board of Craniofacial Pain, the American Board of Dental Sleep Medicine, and the American Board of Craniofacial Dental Sleep Medicine.



#### **Learning Objectives**

- ✓ Review the literature regarding possible connections between bruxism and obstructive sleep apnea.
- ✓ Discuss use of night guards and oral appliances for sleep apnea and their effects on bruxism muscle activity.
- √ How to screen your patients for possible sleep apnea related bruxism, and when to refer for a sleep evaluation.



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

8:30 - 10:00 a.m. | David Seaman, DC, MS

Dr. Seaman is a professor of Clinical Sciences in the chiropractic medicine program at National University of Health Sciences. He teaches nutritional biochemistry, clinical nutritional and management of the musculoskeletal system. Dr. Seaman has authored numerous articles and book chapters about the relationship among nutrition, inflammation and pain. His latest book is for the general public and is entitled, "The DeFlame Diet."

#### After this educational session, attendees will be able to:

- ✓ Outline the mechanism by which a pro-inflammatory diet alters body chemistry, compromises musculoskeletal and visceral tissue integrity, and promotes chronic pain.
- ✓ Identify markers of chronic inflammation that can be tracked in clinical practice.
- ✓ Recommend dietary changes and nutritional supplements to modulate chronic inflammation.

# **Nutritional Education and Counseling**

10:30 - 11:15 a.m. | Mary Beth Gierlinger, CHC, AADP

Ms. Gierlinger passionately coaches groups, individuals and families in reaching their personal life and health goals, including healing and reversing chronic illnesses. Specializing in inflammatory and autoimmune diseases, weight management and family nutrition, she believes reducing and eliminating body toxicity and inflammation, as well as the gut, is the foundation for long-term wellness, healing and prevention. In recent years, she has worked extensively with dental teams to improve oral systemic outcomes through nutritional counseling. Author of a comprehensive, food-based Guided Cleanse Program she helped hundreds of people improve their health and find renewed mental and physical vitality.

# **Learning Objectives**

- ✓ Understand mental, emotional and physical contributors to toxicity and inflammation.
- ✓ Understand why nutritional counseling is essential to improved oral health outcomes through compelling case studies.
- ✓ Learn how the hygiene team can better identify systemic contributions to poor oral and overall health through education and self-discovery.



17

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

11:15 a.m. - 11:45 a.m. | Susan Maples, DDS

Dr. Maples leads a successful, insurance-independent dental practice. She believes helping people individually forge commitments to health can change the face of generations to come. In 2012, Dr. Maples was named one of the top 25 women in dentistry and one of the top eight innovators ("disruptors") in dentistry. She is the author of, "BlabberMouth! 77 Secrets Only Your Mouth Can Tell You To Live a Healthier, Happier, Sexier Life" and the developer of the Hands-On Learning Lab and SelfScreen.net. Dr. Maples is also co-investigator in an award winning diabetes research project.



#### **Learning Objectives**

Diabetes Detection in the Dental Office

- ✓ To reinforce the bi-directional relationship of diabetes and periodontal disease.
- ✓ To clarify the U.S. CDC projected trends of progression toward type 2 diabetes.
- ✓ To promote screening and A1C testing for adult patients especially those diagnosed with periodontal disease.

# **Oral Cancer: Screening and Treating this Special Need Patient**

1:20 - 2:00 p.m. | Kyle Ash, DDS

Dr. Ash is founder of South Texas Dental Oncology and current president of the International Society for Preventive Dentistry and Medicine. In addition to his current private practice dedicated to the treatment of individuals suffering from head and neck cancer, he participates in a weekly multidisciplinary head and neck tumor board and is a certified iTOP teacher. Dr. Ash is a key opinion leader in the field of dental oncology. He continues to build upon his foundation by collaborating with colleagues and participating in CE training at major cancer centers worldwide such as MD Anderson in Houston. Dr. Ash has a profound passion for oral systemic disease prevention while treating oncology patients and enhancing their quality of life.



#### **Learning Objectives**

- ✓ Understanding the role a dentist plays in the treatment of head and neck cancer.
- ✓ Increase career satisfaction while enhancing your patients' quality of life.

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

2:00 - 3:15 p.m. | 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.



#### **Learning Objectives**

- ✓ Assess the level of arterial inflammation with a few simple bio-markers.
- ✓ Appraise oral health as a potential driver of arterial inflammation.
- ✓ Enumerate many root causes of arterial inflammation beyond oral health.

# **Understanding the Role of Antioxidant and Gene Expression in the Aging Process**

3:45 - 5:00 p.m. | Joe Chang, PhD

Dr. Chang is chief scientific officer and executive vice president of product development at Nu Skin. He also serves as a member of the executive committee for Nu Skin Enterprises. A prolific author, he has published numerous articles, reviews and books on pharmacological research during his more than 20 years in the health care industry, including the New York Times best seller, "The Aging Myth." Previously he served as president and chief scientific officer of Pharmanex, and served as both president and chief scientific officer at Binary Therapeutics, Inc. and at OsteoArthritis Sciences, Inc. He has also held various executive research management positions at Wyeth-Ayerst, Rhone Poulenc Rorer and other biotechnology companies, where he was involved in researching natural products for arthritis and cancer treatment.



#### **Learning Objectives**

- ✓ Scientific evidence demonstrating the effect of antioxidant in oral health, especially as it pertains to the inflammatory process.
- ✓ Recent studies demonstrating genetic influences on oral inflammation.
- ✓ Gene expression as a possible mechanism in mediating the aging process.

# Lunch with an ENDOCE



Friday, September 16

# Who: Oral DNA, Gary Kadi, and OraVital

Sign up for a small group 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. Space is limited. Signs will be posted at lunch for the room your expert will be in.

# 2016 CONFERENCE **DIGITAL SET**



Pre-order the 2016 AAOSH Annual Scientific Session Digital Download and **SAVE \$51** 

# **DIGITAL VERSION ONLY**

(stream/download)



# **2013 CONFERENCE DVD SET**



# **2014 CONFERENCE DVD SET**





# Who Will Be Named 2016

# **AAOSH ORAL SYSTEMIC HEALTH CHAMPION?**

Who is the healthiest person in our organization? We are all working hard to bring health to others, but who is leading by example when it comes to personal oral systemic health?

During the Scientific Session, we are holding a very special competition. Enter by participating in six medical screening tests we have set up on site. These tests are currently used and recommended by our members with their patients. They screen state of health by looking for serious disease, as well as identifying early risk.

- CIMT
- OralDNA
- Oral Cancer Screenings
- A1c
- Biophotonic Antioxidant Scan

We have arranged for the lowest possible fees to take these tests. Complete all six screenings and you may be named this year's AAOSH Oral Systemic Champion!

REGISTRATION TO THE AAOSH



Series

Presented by industry experts

Attend live webinars and earn 1 CE hour per month

available 24/7

Learn More at www.AAOSH.org

# **STOP! - Please Read**

# **Your Profile is How Referrals Happen**

The AAOSH website member profile database is how the AAOSH team and public find you. If your profile isn't filled out - you may be missing out on quality leads. We frequently receive referral requests we cannot fill because the location and service information is missing.



Integrative Dental Medicine.... Reuniting The Mouth With The Body

Up to **20 CE credits** with specialized workshops on Sept. 17 to include auxiliary team members.

www.AAOSH.org





Approved PACE Program Provider FAGD/MAGD Credit Approval does not imply acceptar by a state or provincial board of dentistry or AGD endorsement 7/1/2016 to 6/30/2019 Provider ID#354219

# Friday A.M.

## Mark Rosenberg, MD

Integrative Approach to Cancer Prevention and Treatment: Updates in Immunotherapy and Modulation of Inflammation

### **Speaker to be announced later**

Alzheimer's Disease: Nature or Nurture - What You Need to Know for Yourself and Your Patients

## **Chris Farrugia, DDS**

Simple and Effective Medical Billing in the Dental Office

# Friday P.M.

### Kaye McArthur, DDS and Bob Walker, DC

Microbiome, epigenetics and nutrigenomics -How Your Gut Controls Your Health

#### **Case Studies**

The case study section will be AAOSH members who are selected by the AAOSH board by submitting their case studies 4 months prior to the event. Members will be provided the template for submission. Each member will have 15 minutes to present a case study on a patient and share diagnosis, treatment and outcomes. We are looking for practices who co-manage with physicians and other healthcare providers to improve not only perio but systemic health. Hygienists will be encouraged to present if they provided the majority of the treatment.

# Saturday A.M.

#### Mark Cannon, DDS

Gasping for Life: Critical Considerations for Understanding Airway Patency in Normal Development

**Speaker to be announced later** *Modulating Inflammation Through Your Diet* 

# **Saturday P.M.**

Ron McGlennen, MD

Genetics and the Inflammatory Connection

Speaker to be announced later

Managing Stress in the Dental Office and Beyond

Ty Bennett, CSP

Now You See It, So What Will You Do About It?

# Sunday A.M. Workshops

#1 - Bill Domb: Ozone in Dentistry What You Need to Know From A to Z: Hands On Workshop

#2 - Amy and Brad: Putting Out The Fire: Understanding the connection between oral and systemic inflammation and how to manage your patients risk

#3 - The Art of Treatment Planning: Strategies to Experience Zero Bleeding and Bone Repair from Ozone and Lasers to Lifestyle Counseling





When people need treatment now, they also need options now.

The CareCredit credit card is a payment option that lets your patients choose the care that's best for them and helps them get started now-without delay.



# Welcome to the Next Generation of Oral-Systemic Health

Prisyna is an integrated oral health company using the science of Glycomics to develop polysaccharide-based solutions for oral medicine and whole body health. This fall, we will introduce our portfolio of scientifically-formulated products for:

- Xerostomia
- Cariosity
- Intra-oral lesions
- Wounds of the oral mucosa



Learn more at prisvna.com

Advancing Solutions for Oral-Systemic Health

# [TePe] **Healthy Habits = Healthy Smiles** TePe's mission is to raise awareness of preventive dental and general health. For 50 years, TePe has helped to create healthy life by fabricating products that are easy to use and tailored to the needs of each individual facebook.com/TePeOralHealthCare





# NextLevel The PROACTIVE PRACTICE Course

Learn the Step-By-Step Process for Transforming Your Practice Using the Complete Health Dentistry™ Model.

> November 18-20, 2016 New York, NY

16 CE Credit Complete Health Dentistry™ Workshop Serious Results For Extraordinary Dental Teams Visit www.nextlevelpractice.com/proactive-practice or call 212-388-1712

Stop by our booth to win a 12-month subscription to Patient Prism®

# The World's First Immersive **Call Visualization Platform**<sup>™</sup>

- ▲ Acquire More New Patients
- ▲ Drive Continuous Staff Improvement
- Quantify Marketing ROI
- ▲ Gain Daily Insight into Missed Opportunities
- ▲ Deploy Relevant Marketing Promotions
- ▲ Respond to Actionable Visuals & Smart Alerts

Practice Depression\*

We Cure



\* Side effects may include: More new patients scheduled, higher profits mproved staffing and marketing nvestment optimization. Consult your holistic advisor before signing up.

AAOSH Special Offer: Sign up for 1 month & get two months FREE. www.patientprism.com 4800-381-3638 4 info@patientprism.com

# VERIFICATION OF ATTENDANCE

Participant's N	ame: (Please Print):
AGD #:	(Drs. only) License #:
E-mail:	
Course Title:	AAOSH 6th Annual Scientific Session Reversing the Health Care Crisis One Patient At A Time Clinical guidelines for promoting total wellness by reducing systemic inflammation. Friday & Saturday, September 16-17, 2016 The Gaylord Palms Hotel • Orlando, Florida
to the right to your attendar show proof of	IS:  odes will be announced at the end of each presentation. Enter presentation code numbers verify your attendance at the presentations. This is your copy to keep as verification of nce at this session. You do not need to mail or send in anything unless requested to fattendance by an organization.  claimed: (add up your total hours)



Oral Pathogens	Code
Sam Low, DDS, MS	
Lisa Marie Samaha, DDS	
Stephen Brown, DDS, FACD	

Code

Pro-Inflammatory Diet	Code
David Seaman, DC, MS	
Mary Beth Gierlinger, CHC, AADP	

Toxins	Code
Susan Maples, DDS	
Kyle Ash, DDS	

<b>Global Medical Considerations</b>	Code
Bradley Bale, MD	
Joe Chang, Ph.D.	



Approved PACE Program Provider FAGD/MAGD Credit
Approval does not imply acceptance a state or provincial board of dentists or AGD endorsement
7/1/2016 to 6/30/2019
Provider ID#354219

# **Stop Oral Infection in 90% of Your Patients in Just 4 Weeks!**



# Advanced Science for Diagnosis and Treatment

OraVital Inc. is the developer of the comprehensive OraVital® System, which provides today's most accurate diagnosis and most effective treatment of the oral infections that cause periodontal disease, halitosis and caries.

The system consists of a proprietary protocol of two advanced microbiology tests; BiofilmDNA $^{\text{TM}}$  and BiofilmGS $^{\text{TM}}$  (Gram stain), combined with a regimen of prescribed antibiotic/antifungal and antimicrobial rinses.

#### **Blood in the Sink is Health Down the Drain!**

The OraVital® System is the only oral infection management protocol that predictably diagnoses and treats the oral pathogens linked to systemic health risks. During the AAOSH Annual Session, take advantage of an exclusive discount by signing up on-site and scheduling a training session within 30 days:

- √ 25% Off OraVital Certification Training
- ✓ 2 Free BiofilmDNA™ Tests and Lab Reports
- 2 Free Antibiotic/Antifungal or Antimicrobial Rinses
- 2 Free Chlorhexidene Rinses
- ✓ Save \$650.00 Diagnose and Treat Two Patients!



OraVital Inc., 111 Railside Road, Suite 100
Toronto ON Canada M3A 1B2
Toll-Free: 1.800.909.6468 | Email: Info@OraVital.com
www.OraVital.com



Authorized AAOSH Signature:

AAOSH President

