



**Course Title: The Science of Whitening, Giving Your Patients a Future They Can Smile About– (1-2 hours)**

In this program, we will describe the differences between whitening and bleaching products and discuss the action mechanism of hydrogen peroxide. Strategies on engaging patient whitening discussions and the management of patient clinical outcome expectations will be explored. We will include discussing the implementation of a predictable, efficient, and state-of-the-art bleaching system empowered with advanced ionic technology that will transform the whitening experience for both the dental practitioner and patient.

Learning Objectives:

- Explain how tooth-whitening technology works
- Indications for home and professional tooth whitening options
- Effective conversation to discuss tooth whitening and expectations with patients
- Make clinical decisions about patient selection for successful tooth whitening
- Determine effective patient tooth whitening messages and marketing methods

**Course Title: Ouch, that hurts! Improving Patients Quality of Life by Treating Dentin Hypersensitivity (1 hour)**

This course will discuss the factors contributing to dentin hypersensitivity, types of pain stimuli and pain impulse conduction theories while providing clinical evidence supporting over-the-counter and professionally applied desensitizing agents. Dental professionals will be provided with evidence-based strategies to provide optimal patient care for individuals affected by dentin hypersensitivity. Treatment protocols available will be discussed and options for both in-office and at-home protocols will be presented.

Learning Objectives:

- Describe factors which contribute to dentin hypersensitivity
- Identify the types of pain stimuli which elicit hypersensitive reactions
- Understand the ways in which desensitization agents act to decrease sensitivity
- Evaluate treatment options to plan a program for evidenced-based, in-office treatment and home care for a patient to control or treat hypersensitivity

## **Course Title: Caries & Fluoride: Prevent and Protect Oral Health for a Lifetime (1-2 hours)**

Dental caries is preventable, yet it continues to be the most common chronic disease in children. The price paid for dental caries is not only measured in the money spent on restorative procedures, it is also measured in the effects it has on overall health and well-being. During the early 1900s, the focus of dentistry changed from extract to restore. With the knowledge and tools available in this century, it is time to shift from restore to prevention.

Management of the caries-prone patient requires a multifaceted approach – caries risk assessment, in-office care, patient education, and at-home regimens. Fluoride therapies play an important role in the in-office and at-home fluoride treatment programs in the prevention and management of dental decay. It is an accepted but often under-utilized therapy. This program will provide the participant with an overview of caries development, the incidence, and prevalence of dental decay in various populations, and the role of in-office and at-home fluoride therapies in the management of patients who are at risk for caries development. An overview of Caries Risk Assessment will also be presented.

### Learning Objectives:

- Describe the caries development process and appropriate intervention strategies.
- Utilizing data obtained through caries risk assessment techniques assign patients to the correct caries risk level.
- Develop and implement an effective *in-office* fluoride treatment protocol, based on appropriate patient risk for caries development.
- Develop and implement an effective *at-home* fluoride treatment protocol based on appropriate patient risk for caries development.

## **Course Title: Prevention & Treatment for the Wear & Tear on Oral Tissues (2-3 hours)**

This course will provide a comprehensive look at prevalent oral conditions and concerns. Included in this program is information to help your patients achieve oral health and understand the connection to their systemic health. Based on current scientific evidence, this course will present assessment strategies and therapies to manage xerostomia, erosion, caries and dentin hypersensitivity.

### Learning Objectives:

- Discuss the role of saliva and causes of xerostomia
- Identify prevention and treatment of oral complications of xerostomia, in addition to palliative treatment for symptom relief
- Discuss the prevalence and mechanism of dentin hypersensitivity.
- Differentiate between caries and acid erosion while incorporating therapies for the prevention and management of erosion, caries and dentin hypersensitivity

## **Course Title: Make the Recommendation: Toothpaste as a Treatment (1 hour)**

This course will provide an inside view of toothpaste. Information regarding inactive ingredients and the two most common active ingredients will be presented, providing the dental professional with the science to support why and how each product works and how they differ from one another. The goal of the course is to highlight therapeutic benefits, mechanisms of action and assist the dental professional with assessing the needs of today's complex patients and providing them with an appropriate toothpaste recommendations.

### Learning Objectives:

- Explain the principle of therapeutic outcomes of the available formulations of toothpaste.
- Describe the reduction of caries incidence by assimilation of the fluoride ion into the apatite crystal of enamel as a result of sodium fluoride, stannous fluoride, and sodium monofluorophosphate.
- Discuss the reduction of biofilm and gingivitis with active ingredients in toothpaste. .
- Describe proper management of dentin hypersensitivity with the ingredients in toothpaste.
- Determine the most appropriate dentifrice recommendation based upon specific patient need.

### **Course Title: An Evidence-Based Approach to Two Prevalent Patient Issues: Gingivitis and Periodontal Disease (1 hour)**

The goal of this course is to provide the clinician with an understanding of the periodontal disease process and the impact of inflammation on oral and systemic diseases. This course provides the clinician with the information necessary to make professional decisions in the process of dental hygiene care which are based on current concepts of periodontal care, published research, clinical experiences, and sound judgment. Topics addressed include health and disease, inflammation and systemic health, and resources available for patients and dental professionals.

### Learning Objectives:

- Understand the periodontal disease process
- Identify risk factors related to acquiring periodontal disease
- Develop a home care management plan for periodontally compromised patients
- Determine the role of inflammation in oral and systemic diseases

### **Course Title: Worn Out! How to Relieve and Manage Erosion (2-3 hours)**

This presentation explores the reasons why the prevalence of acid erosion in developed countries is increasing and becoming a concern for oral health. Behaviors that contribute to hard tissue loss, including acid erosion, are defined. Recognizing the differences between caries and erosion is examined, as well as patient assessment, diagnosis, and management of this condition.

### Learning Objectives:

- Discussion: Is "Dental Erosion" an Oral Condition or a Disease?
- Prevalence in US society
- Discuss the Clinical Indicators and Appearance of Erosive Tooth Wear
- Explain the Chemistry of Erosive Tooth Wear
- Recognize the US Cultural Influences which contribute to extrinsic sources of acid
- Recognize the US Cultural Influences which contribute to exposure to intrinsic sources of acid
- Assessing who is at risk for Erosive Tooth Wear
- The DDS/RDH role in recommending Oral healthcare products with the ability to stabilize early/ moderate erosive tooth wear

### **The Why of Dry: Causes, Symptoms, and Treatment (1 hour)**

Xerostomia is a prevalent condition. Not only can it cause discomfort for patients, it can also place patients at a higher risk for caries, periodontitis, oral fungal infections, and acid erosion. This program discusses the role of saliva in oral health, causes of xerostomia, and complications due to a reduction in saliva. Prevention and management of oral complications of xerostomia and palliative treatment are included.

Learning Objectives:

- Understand the role of saliva in maintaining oral health
- Know the causes of xerostomia
- Recognize oral complications and manifestations of xerostomia
- Identify prevention and treatment options for oral complications due to xerostomia

**Course Title: Patient Engagement for Whole Mouth Health (1 or 2 hours)**

What are the obstacles to changing behavior, and what we can do to enhance our oral care conversation with our patients to facilitate their innate motivation to change? The desires of our patients are changing from the goal of managing illness and disease toward achieving a state of whole mouth health. In this program we will discuss the trends in dentistry towards the goals of whole mouth health, becoming a partner with your patient in their oral health using the 4Ps of patient care, treatments and best practices for achieving whole mouth health. Whole mouth health is essential to achieving whole person health.

Learning Objective:

- Describe the trends in dental disease and dental care
- List the 4 P's of patient care and how to incorporate into daily patient care
- Identify treatments and behaviors to enable patients to achieve whole mouth health
- Identify tools that can be used to engage patients to participate in their oral health status.
- Be familiar with communication styles that resonate with patients in communication, their participation, their gingival health

**Course Title: Ever wonder why patients don't follow all your oral care recommendations no matter what you do? – Behavior Modification – (1 Hour)**

What are the obstacles to changing behavior, and what we can do to enhance our oral care conversation with our patients to facilitate their innate motivation to change? The course includes an in-depth discussion on Motivational Interviewing in the dental office complete with time to practice this treatment option. We will also review effective communication strategies to help support your oral health conversations.

Learning Objectives:

- Understand the role denial plays in motivating change
- Be familiar with communication styles that resonate with patients in communication, their participation, their gingival health.
- Demonstrate motivational interviewing to elicit the patient's desire to change.
- Demonstrate communication designed to change behavior.

**Course Title: Oral Implications in Older Adults; A Growing Need for Care – (1-2 Hours)**

Are you getting Older or Younger? Do you have more patients over 50 or under 50? How many of them want to keep their teeth for life? Life expectancy is increasing and fertility rates are declining. Older adults make up one of the fastest-growing segments of the world population. No matter the age, we and our patients still feel like and want to live like our younger selves with our teeth fully functional. The goal of this course is to provide the participant with an understanding of prevalent oral conditions and concerns affecting older patients. This course includes assessment strategies and therapies to manage these prevalent conditions and help patients maintain his/her teeth for a lifetime. Topics include gingivitis, xerostomia, erosion, caries and dentin hypersensitivity.

Learning Objectives:

- Identify the physiologic changes in the aging dentition in relation to the oral and dental diseases
- Describe the relationship between oral inflammation and systemic conditions
- Understand how to determine the dental future of the older adult
- Discuss prevention strategies in managing the oral health of older adults in the dental office