

### What You Will Learn (Morning)

South Beach? Atkins? The Zone? Weight Watchers®? Jenny Craig®? CortiSlim®? Cabbage Soup? Eating Right for Your Blood Type? Caveman? Grapefruit? Russian Air Force? 7-Day All-You-Can-Eat? Confusing???? You bet! America's obsession with weight loss has led to increasingly complex diets that impact general and oral health. This course will provide participants with an overview of current dieting trends in an effort to minimize confusion and maximize understanding of the effects of today's dieting revolutions. Presented in a relaxed forum, clinicians will be able to incorporate information garnered in this course to provide more comprehensive nutritional counseling to dental patients as well as recognize possible sequelae of dieting trends. Come prepared to learn, enjoy and share your insights.

### What You Will Learn (Afternoon)

As the dental patient population continues to become more aware of the impact overall health care strategies have on oral health, the dental hygiene professional needs to likewise keep abreast of breaking news involving dental, medical and other scientific breakthroughs in order to appropriately address patient concerns and develop truly comprehensive treatment plan protocols. Recent, potentially ground-breaking topics will be explored in an interactive, relaxed forum utilizing a variety of information sources – from radio broadcast, newspaper and television to referred professional journals, popular consumer magazines and laboratory studies.

Participants are encouraged but not required to bring any information of interest to this seminar for discussion purposes – be sure to include where the information was obtained (for sharing purposes).

### Special Benefits

At the conclusion of this course, participants will be able to:

- Understand the physiology of adipose tissue and how it affects fat metabolism
- Recognize the impact obesity has on systemic health and well-being
- Evaluate the effects of excess weight on different age groups
- Discuss various diet trends
- Implement appropriate nutritional counseling strategies into the dental setting
- Recognize the potential impact of many recent research findings on the practice of dentistry and dental hygiene
- Discuss with confidence current topics of interest to the discerning dental patient
- Evaluate sources of information available to the consuming public based on validity and reliability

### Speaker

**Betsy Reynolds, RDH, MS**, holds a master's degree in oral biology from the University of Washington. As a practicing hygienist for more than 20 years, she has reinforced her love of the microbiological aspects of periodontal therapy by maintaining teaching positions at numerous dental and dental hygiene schools. Ms. Reynolds was previously a faculty member in the dental hygiene department at the Community College of Denver providing clinical and didactic instruction in histology, embryology, morphology, dental and oral pathology and medical emergencies.

Armed with degrees in dental hygiene and oral biology, Betsy presents scientifically-based dental hygiene continuing education programs nationally and internationally. Passionately committed to making the dental sciences understandable and relevant, Betsy devotes time and energy to publishing articles and book chapters designed to enlighten and inspire clinicians.

### Program Information

**Time:** Registration: 8:30 am; Course: 9 am – 4:30 pm  
**Location:** DoubleTree Guest Suites Lexington  
2601 Richmond Road  
Lexington, KY  
**Tuition:** **Before September 7** - \$225 dentist;  
\$110 auxiliary;  
\$85 auxiliary w/dentist  
**After September 7** - \$245 dentist;  
\$125 auxiliary;  
\$105 auxiliary w/dentist  
(Fee includes lunch and breaks)

**CDE Credits: 6 hours**  
**(Scientific/Category B)**  
**Register by September 7, 2007**