



Upper Island District Dental Society



Spring Conference

April 20 and 21, 2018
Crown Isle Resort
Courtenay

Great EDUCATION - Great COMPANY - Great FUN



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FRIDAY APRIL 20, 2018

BALLROOM 8:30 - 11:45

Dr Lunden Albrecht
Cosmetic Dentistry for the
Everyday Dentist
3 CE hours

OR

SILVER ROOM 8:30 - 11:45

Penny Hatzimanolakis, RDH
Successful Peri-Implant Support
for the Dental Hygienist
3 CE hours

LUNCH & TRADE SHOW 11:45 to 12:45

BALLROOM 12:45 - 4:00

**Dr Patti-Anne Jones and
Dr Tim Gould**
Clear on Codes
3 CE hours

OR

SILVER ROOM 12:45 - 4:00

Dr David Clark
Psychiatric Illness & Dentistry:
Challenges for Oral Care
3 CE hours

OR

COPPER ROOM 12:45 - 4:00

Dr Lunden Albrecht
HANDS ON WORKSHOP
LIMITED ATTENDANCE
3 CE hours

OR

ATRIUM 12:45 - 4:00

Penny Hatzimanolakis, RDH
HANDS ON WORKSHOP
LIMITED ATTENDANCE
3 CE hours

**Wine & Cheese Reception &
TRADE SHOW 4:00 - 5:30**

**AGM Dinner 5:30 pm
LIMITED to DENTISTS**

SATURDAY APRIL 21, 2018

BALLROOM 8:30 - 11:45

Ms Liz Pearson, RD
Eating for Optimal Physical,
Mental & Dental Health
3 CE hours

LUNCH 11:45 to 12:30

BALLROOM 12:30 - 2:30

Ms Carol Jahn
From e-Cigarettes to Hookahs
2 CE hours

BALLROOM 2:30 - 4:00

Terry Roycroft
Cannabis 101
1.5 CE hours

FEATURED LECTURE

Presented by: Ms LIZ PEARSON, RD

3 CE Hours

Eating for Optimal Physical, Mental & Dental Health

Liz Pearson is a Registered Dietitian with a passion for peanut butter sandwiches and an undying love for chocolate. She presents regularly to health professionals, associations, corporations and educators across North America. Liz has written four books - her latest is called "Broccoli, Love & Dark Chocolate". She was the "Ask the Expert" nutrition columnist for Chatelaine magazine for many years and appears regularly on radio and television. Liz believes that food, love and life should be delicious! Her mission is to make your life more so.



OVERVIEW

It was Hippocrates who said "Let food be thy medicine and medicine be thy food". What we eat profoundly affects our physical health, including our energy levels, risk of disease, body weight, quality of life and longevity. Food choice also impacts our mental health, including our ability to think and learn, and whether we feel happy, anxious, or depressed. Finally, what we eat greatly affects our dental health, including our risk of tooth decay, tooth loss, dental erosion and periodontal disease. This presentation is about choosing nutritious, disease-fighting, all star foods and minimizing the intake of dietary villains to optimize physical, mental and dental health.

LEARNING OBJECTIVES:

- Identify foods that are most health protective, along with recommended intakes (specific fruits, vegetables, whole grains, nuts, beans, herbs, spices, and more)
- Identify foods most harmful to health (sugar, salt, red and processed meats, unhealthy fats) and recommended limits
- Get the latest research on dental health, including sugar, anti-inflammatory foods, water fluoridation, and more
- Learn how food choice impacts our microbiome, which affects every aspect of health and well-being
- Get clarification on common food myths and misconceptions (detox diets, gluten, coconut oil, vitamin supplements, and more)
- Learn how highly palatable, processed foods influence reward pathways in the brain and harm health
- Understand how powerfully our food environment influences food choice
- Learn what successful weight maintainers (those who have lost weight and kept it off) have in common