

# Upper Island District Dental Society



## Spring Conference 2020

**April 24 and 25, 2020  
Crown Isle Resort  
Courtenay**



*Great EDUCATION - Great COMPANY - Great FUN*

**uidds.com**

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## FRIDAY, APRIL 24, 2020

7:45 - 8:30	REGISTRATION & CONTINENTAL BREAKFAST	
8:30 - 11:45	DR SANJUKTA MOHANTA "Oral Health Hacks"	Ballroom
8:30 - 11:45	DR AVIV OUANOUNOU "Pharmacology for the Dental Practitioner"	Silver Room
11:45 - 12:45	LUNCH (sponsored by Dentalcorp)	
12:45 - 4:00	DAWN MOON "Providing Dental Care for Adults with Disabilities"	Ballroom
12:45 - 4:00	PENNY HATZIMANOLAKIS "The Fundamental Principles of the 2018 AAP Classification"	Silver Room
12:45 - 4:00	DR PETER WALFORD "Winning Procedures in Adhesion"	Copper Room

4:00-5:30  
Wine and Cheese Reception

5:30 AGM Dinner  
Including presentations by:  
UBC, BCDA, CDSBC  
**Limited to Dentists**

## SATURDAY, APRIL 25, 2020

8:30 - 11:45	DR TIERAONA LOW DOG "Nutrition & Dietary Supplements: What the Dental Team Should Know"	Ballroom
8:30 - 11:45	DR MATT IRVINE "Doing More and Having Fun with Direct Composite Dentistry"	Silver Room
11:45-12:30	LUNCH	
12:30 - 3:45	DR TIERAONA LOW DOG "Life is your Best Medicine"	Ballroom
12:30 - 3:45	DR MATT IRVINE "Doing More and Having Fun with Direct Composite Dentistry"	Silver Room

## FEATURED LECTURE

### Presented by: Dr Sanjukta Mohanta

*Dr Mohanta is a general dentist practicing in Brampton, Ontario. She graduated from the University of Waterloo in 1995 and the University of Toronto's Faculty of Dentistry in 1999. She later became certified in adult education and was an instructor at a dental hygiene college. She currently works at a community health centre treating children and seniors on public dental programs.*



*Dr Mohanta has given many presentations and has written several articles for the Ontario Dentist Journal, where she is on the Editorial Board. She is on several committees with the Ontario Dental Association (ODA) and her local dental society, Halton-Peel Dental Association, where she was president. She received the Award of Merit from the ODA and was selected to be on the Canadian Dental Association's Future of the Profession Task Force. Dr Mohanta enjoys teaching people how to improve their oral health, mentoring colleagues, and advocating for improvements in public dental programs.*

### Oral Health Hacks:

**3 CE Hours**

### Evidence Based Research on What Helps and What Harms our Oral Health

**Friday, April 24 8:30 to 11:45 BALLROOM**

Does charcoal toothpaste whiten teeth? Is flossing effective? Does oil pulling remove toxins? Which oral hygiene products work? This dynamic session will explore the common questions our patients have about trends and products and will give you evidence-based answers to their questions.

### LEARNING OBJECTIVES

- Evaluate trends and their effects on oral health;
- Analyze the evidence about oral health care tips and products;
- Recommend the most effective oral health care products to your patients.

# FEATURED LECTURE

**Presented by: Dr Aviu Ouanounou**



*Dr Aviu Ouanounou is an assistant professor of Pharmacology and Preventative Dentistry at the University of Toronto. He has won numerous teaching awards, including "Best Teacher of the Year Award" and the prestigious Bruce Hord Master Teacher Award.*

*In addition, Dr Ouanounou is a Fellow of the International College of Dentists, The American College of Dentists and the Pierre Fouchard Academy as well as the Academy of Pain Management and the American College of Clinical Pharmacology. He has published and authored numerous articles in peer-reviewed journals and also maintains a general practice in Toronto.*

## **Pharmacology for the Dental Practitioner: An Overview**

**Friday, April 24 8:30 to 11:45 SILVER ROOM 3 CE Hours**

Clinical pharmacology studies the effects of drugs and their use for preventative, diagnostic and therapeutic purposes. In this lecture Dr Ouanounou will review the various pharmacological agents commonly used in the daily dental practice, including local anaesthetics, its mechanism, onset and duration of action as well as potential complications associated with its use. He will also review the analgesics most commonly used in dentistry namely, acetaminophen, NSAIDs and opioids. In this section, Dr Ouanounou will discuss the adverse effects, common drug interactions and recommended dosages. Moreover, anti-infectives most commonly used will be discussed. Also, since the use of herbal medications has significantly increased in the last few years, Dr Ouanounou will discuss the most common herbal medications and their effects on dental treatment. Finally, this lecture will cover special topics such as geriatrics, pregnancy, kidney failure and liver disease, all situations requiring special caution on part of the clinician when prescribing or administering drugs in the daily dental practice.

### **LEARNING OBJECTIVES**

1. Understand basic concepts of pharmacology namely pharmacokinetics and pharmacodynamics.
2. Understand the mechanism of action of local anaesthetics, the factors that affect their onset and duration of action and the common complication associated with their administration.
3. Be informed of the analgesics currently used in dentistry. Understand the various adverse effects and drug interactions relevant to dentistry.
4. Understand the rational use of anti-infective agents in dentistry, both in terms of the management of existing orofacial infections and for prophylaxis against the development of bacterial endocarditis or other infection post treatment.

## FEATURED LECTURE

### Presented by: Dawn Moon, RDH

*Dawn Moon has over 25 years' experience working as a dental hygienist. For the last 8 years she has been working primarily with adults with developmental disabilities in the community sector of Health Services for the Community Living Team at Island Health.*



*Her focus has been on creating oral health guidelines for adults with dysphagia and strategies to help people attain dental care in the community. She continues to advocate for better solutions for adults facing challenges accessing dental treatment.*

### Providing Dental Care for Adults with Developmental Disabilities

**Friday, April 24 12:45 to 4:00 BALLROOM**

**3 CE Hours**

Dental office visits can be a major challenge for someone who has had trauma around medical appointments, has sensory integration or processing issues, lack of speech, or complex health needs. Often these individuals are seen in the hospital using general anesthetic for dental treatment. Creating a relationship with a dental office and creating the expectation for safe, effective and consistent daily mouth care is an important step in preventing and treating oral disease for these patients.

### LEARNING OBJECTIVES

1. Outline the challenges of oral health care and dental office visits for people with complex health needs.
2. Understand the current health care consent act as well as other legislation and guidelines that affect this part of the population.
3. Recognize techniques and the timeline required to assist in preparing a person to visit the dental office.

## FEATURED LECTURE

Presented by: Penny Hatzimanolakis, RDH

*Clinical Associate Professor, Penny Hatzimanolakis, received her education at UBC, completing both a Bachelor (2004) and Masters Degree (2009) in Dental Sciences, and in 1994, from VCC, her Dip. DH.*



*As an educator, she is involved with the Graduate and Undergraduate Programs at UBC. Penny chairs the DH Admission, and is the DH 4th year coordinator. As a researcher, her focus is on periodontal/implant diseases. She has published in multiple peer-reviewed journals and has presented webinars and at conferences both nationally and internationally. As a clinician, she has practiced with a periodontics/prosthodontics speciality team for the last 19 years. In the dental community, she is a board member for the PDC Conference and supports Dental Hygienists and their teams in achieving the highest standard of care, through her company, UpScale Consulting.*

### The Fundamental Principles of the 2018 American Academy of Periodontology Classification

**Friday, April 24 12:45 to 4:00 SILVER ROOM 3 CE Hours**

The American Academy of Periodontology (AAP) and the European Federation Periodontology (EFP) redesigned the oral diseases and conditions classification to promote patient-centered care plans. This session will present an overview of the fundamental principles of the AAP and guide the oral health provider in classifying oral health, diseases and conditions.

#### **COURSE OBJECTIVES**

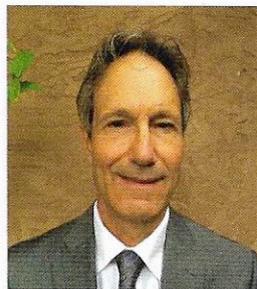
1. Identify the main changes to the 1999 classification.
2. Describe the four main categories of the 2018 AAP Classification.
3. Identify Periodontitis cases using the staging and grading systems.
4. Case definitions and diagnostic considerations.

## FEATURED LECTURE

**Presented by: Dr Peter Walford**

*Dr Peter Walford is well-known as a Live Stage presenter and online mentor in composite techniques for the BCDA. He has lectured across Canada and published a number of articles about adhesion dentistry in Canadian journals.*

*After operating a mobile dental clinic on Hornby and Denman Islands for 33 years he is qualified to say what lasts and what doesn't.*



### Winning Procedures in Adhesion; Bombproof Class IIs and Maryland Bridges that Actually Last

**Friday, April 24 12:45 to 4:00 COPPER ROOM 3 CE Hours**

Dr Peter Walford debunks the myth that composite restorations have to be short-lived, or that adhesion is only a minor addition to treatment choices for our patients.

This lecture will cover what can be achieved by optimizing the steps in the chain of technique that ties together composite restorations. Best practises in method, best choices in materials, best methods of isolation and other adjuncts are game-changers in patient comfort and longevity. Learn how the restorative team can expand the envelope before crowns become mandatory, and how to make every treatment durable and painless. Special emphasis will be placed on steps that the CDA controls.

The second part of this lecture highlights a small evolution in the Maryland Bridge technique that elevates this modality from frustration to bulletproof. Dr Walford will show cases with a history of 20 years successful function involving over 500 restorations and spans of up to 10 teeth - amazing!!

**SPECIAL FEATURE:** Dr Walford's mobile clinic will be available at the event for a walk-through for conference attendees.

# FEATURED LECTURE

Presented by: **DR TIERAONA LOW DOG, MD**

*Tieraona Low Dog's, M.D.'s exploration of natural medicine and its role in modern health began more than 35 years ago as she studied midwifery, herbal medicine, massage therapy and martial arts before earning her medical Degree from the University of New Mexico School of Medicine.*



*Dr Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health.*

*She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer reviewed articles, written 20 chapters for medical textbooks and has authored five books, including three National Geographic books, Fortify your life, Healthy at Home and Life is Your Best Medicine.*

*Dr Low Dog lives with her husband, horses, chickens, dogs and cats on a small ranch in the mountains outside of Santa Fe, New Mexico.*

## Life is Your Best Medicine

**Saturday, April 25 12:30 to 3:45 BALLROOM 3 CE Hours**

Everything you do and every choice you make can have a positive and profound impact on your health and well-being. Chronic illness affects more than 50 percent of Americans, despite the widespread availability of pharmaceutical medications and state-of-the-art medical technology. Overwhelming evidence tells us that much of this illness has more to do with our lifestyles than anything else. The journey to vitality and health is within our own power. From wholesome food, herbal medicines and movement to meditation, interaction with nature, and social connectedness, Dr Low Dog draws a virtual road map to well-being that is both sensible and inspiring.

## LEARNING OBJECTIVES

- Understand the effects of chronic stress on work performance
- Assess how meditation, physical activity, rest, music and other lifestyle factors impact health
- Identify strategies for reducing fatigue, improving sleep and increasing emotional well-being
- Describe three ways to improve nutrition
- Evaluate the effects of chronic stress and the risk for depression, anxiety, heart disease, and other conditions.

## FEATURED LECTURE

**Presented by: Dr Tieraona Low Dog, MD**

### Nutrition & Dietary Supplements: What the Dental Team Should Know

**Saturday, April 25 8:30 to 11:45 BALLROOM**

**3 CE Hours**

A growing body of evidence now shows the direct link between nutrition, dietary supplements and oral health; however, many dental professionals feel inadequately prepared to effectively counsel patients on healthy eating and using supplements to fill nutrient gaps. Nutritional supplements have been shown through scientific investigation to benefit oral and overall health. All members of the health care team should be familiar with evidence of safety and benefit for the most commonly used dietary supplements to enhance patient outcomes and reduce the risk of adverse events associated with dental procedures. This informative and fact-filled lecture will explore how macronutrients, micronutrients, glycemic index/load, dietary patterns and sugar substitutes impact oral health, periodontal disease and overall health. Learn more cutting-edge science behind these recommendations.

### LEARNING OBJECTIVES

Participants will be able to:

1. Recognize the importance of calcium and vitamin D in oral and overall health and the role of folic acid and vitamin B12 and identify populations at risk for deficiency.
2. Understand the risk and benefits of vitamin A and carotenoids in oral and bone health and understand evidence for zinc and zinc-l-carnosine.
3. Identify key risk and benefits of commonly used dietary and botanical supplements on oral health and during dental procedures.
4. Understand the role of macronutrients in health and chronic disease and how poor glycemic control exacerbates periodontal disease.
5. Identify key components of glycemic index and glycemic load.
6. Understand the relationship between cardiovascular and periodontal disease
7. Describe the key components of a heart-healthy diet.
8. Counsel patients about sugar and sugar substitutes.
9. Describe sources of dietary mercury and how to reduce exposure.

## FEATURED LECTURE & HANDS ON SESSION

### Presented by: Dr Matt Irvine

*Dr Matt Irvine is an advocate of direct composite and microscope enhanced dentistry. Dr Irvine spends his clinic time providing conservative, esthetic and highly functional direct restorative treatment to his patient community. He also carries the message to like-minded colleagues who are looking to maximize what can be achieved with direct composite resin. Dr Irvine is a 1995 University of British Columbia graduate, practices full time in Penticton BC, and actively lectures on direct restorative techniques. He is part of the extended faculty at the Bioclear Learning Centre in Tacoma Washington.*



Sponsored by:



### Doing More and Having Fun with Direct Composite Dentistry

**6 CE Hours**

**Saturday, April 25 8:30 to 11:45 and 12:30 to 3:45 SILVER ROOM**

**PLEASE NOTE there is an extra \$50.00 fee to attend this session**

Dr Irvine will introduce you to the matrix system and its use, as well as dive into the methodology of how the system may be applied in the general practice.

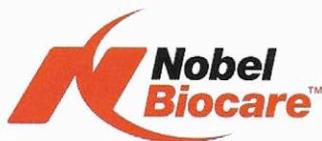
See how the use of pre-formed mylar matrixes can provide you with the tools and techniques necessary to improve the form and function of your direct restorative work, resulting in better outcomes and longevity.

Participants will obtain hands-on experience with pre-formed mylar, combined with injection molding of heated composite resin in anterior and posterior exercises. Upon completion of this course you will be able to apply these techniques in your practice immediately.

#### WHO SHOULD ATTEND ...

**Clinicians interested in providing fast, predictable esthetic restorations that will stand up well over time.**

**Space is limited to 24 Dentists  
Please register early to guarantee your spot**



20<sub>20</sub> Pacific Dental  
Conference

March 5-7, 2020  
Vancouver, Canada





**UIDDS Fall 2020 Conference**  
**October 3, 2020**  
**Qualicum Beach Civic Centre**

**UIDDS Spring 2021 Conference**  
**April 16 and 17, 2021**  
**Crown Isle Resort**