

TIERAONA LOW DOG

NUTRITION & DIETARY SUPPLEMENTS: WHAT THE DENTAL TEAM SHOULD KNOW

COURSE DESCRIPTION

A growing body of evidence now shows the direct link between nutrition, dietary supplements oral health; however, many dental professionals feel inadequately prepared to effectively counsel patients on healthy eating and using supplements to fill nutrient gaps. Additionally, 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 the evidence of safety and benefit for the most commonly used dietary supplements to enhance patient outcomes and reduce 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 the cutting-edge science behind the recommendations.

LEARNING OBJECTIVES

- Participants will be able to recognize the importance of calcium and vitamin D in oral and overall health.
- Participants will be able to understand the role of folic acid and vitamin B12 in oral health and identify populations at risk for deficiency.
- Participants will be able to understand the role of omega 3 and omega 6 fatty acids in oral and overall health and identify effective strategies for increasing intake.
- Participants will be able to understand the risk and benefits of vitamin A and carotenoids in oral and bone health.

WHERE, WHEN, & WHAT TIME

ITALIAN HERITAGE CENTER
40 WESTLAND AVENUE
PORTLAND, ME

FRIDAY, MAY 15, 2020

7:45 AM – 8:00 AM BREAKFAST
8:00 AM – 3:30 PM PRESENTATION

ADDITIONAL INFORMATION:

LECTURE, UP TO 6.5 HOURS
HEALTH MEDICINE AND NUTRITION
AGD SUBJECT CODE 150

QUESTIONS

PLEASE CONTACT BECCA ARRIS
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C B S C

EXCELLENCE IN COMPREHENSIVE DENTISTRY



Tieraona Low Dog, MD is a physician, author, and educator. She practiced herbal medicine, midwifery, massage therapy, and martial arts before earning her medical degree from the University of New Mexico School of Medicine.

Dr. Low Dog is one of the foremost experts in the United States on the safe and appropriate use of botanical remedies and dietary supplements. Dr. Low Dog is one of the foremost experts in the United States on the safe and appropriate use of botanical remedies and dietary supplements. She has overseen the evaluation panel for supplement/botanical safety at the United States Pharmacopeia, including joint reviews with the Department of Defense, for the past twenty years. A prolific scholar, Dr. Low Dog has published 54 research articles in medical/science journals and written 24 chapters for medical textbooks. She has been honored with many awards from academia, public health, and industry throughout her 40-year career.

Tieraona brings an incredible wealth of knowledge and experience to all that she does, but it is her rare ability to take complex scientific and medical information and make it highly accessible to the everyday person. With her warm and down-to-earth style, Tieraona has been invited to speak at more than 600 conferences, with her message of healthy nutrition, sensible dietary supplement use, integrative medicine, compassionate care, and deep ecology. She has authored five books, including four with National Geographic; *Fortify Your Life*, *Healthy at Home*, *Life is Your Best Medicine*, and *Guide to Medicinal Herbs*.

Tieraona lives on a small ranch in the beautiful mountains outside of Santa Fe, New Mexico, where she grows more than 40 medicinal herbs in addition to her vegetable garden. She spends her free time hiking with her husband and beloved Shepherds, riding her horses, and lovingly tending to the chickens.