

2022 OMSNashville Spring Seminar
Friday, April 22, 2022
Gaylord Opryland Resort and Convention Center
8:00am – 1:00pm
5 CE Credit Hours
Registration website: <https://cvent.me/5aePoa>
Sponsored by BioHorizons

Featuring Dr. Uche Odiatu

Dr. Uche Odiatu DMD is a Certified Nutrition & Wellness Consultant, a NSCA certified trainer, a Certified Nurse Holistic Lifestyle Coach, Cert Boot Camp Instructor, Licensed ZUMBA instructor and the co-author of two books: **The Miracle of Health** and **Fit for the LOVE of it!**, & a professional member of the America College of Sports Medicine. He is a board member of the Holistic Allied Professional Association. He maintains a dental practice in Toronto and has inspired audiences at the largest dental conference in the world and for Fortune 500 Companies. He has been the invited guest on over 350 radio and TV shows including ABC 20/20 and Canada AM.

Lecture Title: 50 Shades of Inflammation: the Mouth-Body-Mind Connection!

Course Description:

Want to add incredible value to your patient experience? Want to learn about “permanent lifestyle change” in a way that resonates with every one of their 110 trillion cells? There is an avalanche of evidence demonstrating the connection between your patients’ mouths with modern lifestyle habits: lack of sleep (saps their discipline), shift work (after 4 night-shifts blood sugar is elevated), poorly managed stress (shows up in every cell of their body), overeating (high fat & processed food boosts inflammation), and sedentary living (did you know “Sitting is the New Smoking?”). And it’s bi-directional; the oral environment has far reaching effects on the rest of the body.

Patients appreciate the dental health professional who sees the bigger picture and truly understands the relationship between the body, mind & mouth. **Set yourself apart from the pack** and develop a VALUE ADDED PRACTICE. Stop the deadly cascade with specific dental & lifestyle solutions guaranteed to change your patient’s health destiny. This fact filled & inspirational program is a ‘call to arms’ against inflammation – “let’s douse the flames!” And in the process

Learning Objectives:

1. Expand your knowledge of the BODY-MOUTH connection
2. Understand why **certain patients do not respond well** to your hygiene programs
3. Learn how periodontitis increases the odds of someone developing insulin resistance two fold.
4. Recognize the **destructive INFLAMMATORY CASCADE** in your patients.
5. See that insurance companies are beginning to recognize the power of enhanced dental coverage to **lower hospital costs & decrease MD visits** for their diabetic patients
6. Make the connection between **diabetes, insulin resistance, & inflammation**
7. Learn how to spot the **SLEEP DEPRIVED PATIENT**. Hint, 30% of Americans are shift workers and are living in a “jet lag” state.
8. Discover how visceral fat behaves like an active organ releasing inflammatory cytokines causing havoc throughout the entire body & mouth.

9. Learn the new science on GUT FLORA - human microbiome, probiotics and prebiotics
10. Spot how stress shows up in your patient's mouth
11. Develop a **VALUE ADDED PRACTICE** inspire patients to become RAVING FANS!
12. Understand how chronic dehydration adversely influences your **patient's biochemistry**
13. Calculate BMI (Body Mass Index) easily for yourself or your patients
14. Identify 7 KEY foods & lifestyle habits that contribute to inflammation – **EAT THIS NOT THAT!**
15. Learn which exercises best **fight inflammation** in your body
16. Put into practice some simple solutions to **modify your patient's behaviors**
17. Implement a **new dimension to your treatment planning.**
18. Learn an easy two minute script to **educate & motivate your patients**
19. Develop **leadership strategies** to get your entire office on board focusing on whole body health.
20. Create a circle of influence with allied health professionals (RMT's, DC's, RD and CPT's)