Alaska Dental Hygienists’ Association
Play Every Day Campaign
The State of Alaska Department of Health and Social Services
Fall CE, Saturday August 11, 2018
ANCHORAGE: Southcentral Foundation Nuka Wellness & Learning Center
Tribal Drum Room 110, 4085 Tudor Centre Drive, Anchorage, AK 99508
Speaker: Betsy Reynolds, RDH, MS

8:30 am Registration
9:00 am -12:00 pm The Not-So-Sweet Effects of Dietary and Lifestyle Consideration: The Impact on Oral Health, Obesity and Chronic Disease

..................... REGISTRATION FORM (Please Print) ......................

Name: ____________________________________________

Address: ______________________________________________________________________

Email: ____________________________________________ Phone: _______________________

[ ] Saturday .................................... 3 CEUs ........................................................... $ 60.00

Pre-Registration ends July 28th, 2018, must be postmarked by this date. After July 28th registration will only be accepted at the door if seating is available.

Payment accepted with PayPal or check. Making checks payable to Alaska DHA

A PayPal account is required to pay online with credit card. Log in to www.paypal.com select “Send & Request” tab. Choose “Pay for Good or Services” and enter rdhalaska@gmail.com for the receipt. In “note” section please type the first and last name of the CE attendee then mail or email this completed form to Shannon1@ak.net NOT to rdhalaska@gmail.com. PayPal accepts all credit cards.

Mail registration to:
Alaska DHA, c/o Shannon Almeda 10601 Treeline CT, Anchorage, AK, 99507
Questions? Contact: Shannon 907-223-1601 or Shannon1@ak.net

** Alaska DHA is not responsible for lost or misplaced CEU AK BoDE approved course certificate. A $50 fee will be charged for the reissue of a certificate, this is only available for up to 2 years after course date, upon verification of attendance.
Betsy Reynolds, RDH, MS

Armed with degrees in dental hygiene and oral biology, Betsy presents scientifically based dental and dental hygiene continuing education programs nationally and internationally. Avidly 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. Her continuing education presentations include a variety of topics involving the biologic basis for oral and systemic disease prevention, microbiological and immunological aspects of oral disease, implications of stress on oral and systemic health, oral pathological concerns, oral piercing and body modification considerations in care delivery, head and neck anatomy and scientific developments affecting oral health care delivery. Betsy lives in her home state of Idaho where she enjoys hiking, biking, gardening and taking in the breathtaking scenery with loved ones.

Course Title: The Not-So-Sweet Effects of Dietary and Lifestyle Considerations: The Impact on Oral Health, Obesity and Chronic Disease

Course Synopsis:
According to the CDC, sugary drinks are the ‘leading sources of added sugars in the American diet. Drinking sugar-sweetened beverages is associated with tooth decay and cavities, weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, and gout. Limiting sugary drink intake can help individuals of all ages achieve good oral hygiene, maintain a healthy weight and have a healthy diet. While replacement of these sugary beverages with artificially sweetened products may seem like a good idea, there are distinct oral health and general health disadvantages to consider. This course will focus on healthy alternatives to consuming sweetened products in an effort to prevent oral disease, obesity, chronic disease, and the systemic ramifications that accompany being overweight. A discussion on the importance of sleep, exercise and nutritional concerns will also be included to further understanding of positive choices your patients can make for better oral and systemic health and chronic disease prevention.
Course Objectives:
Following the presentation, participants will be able to:
• Describe how sugary drinks impact oral and systemic health.
• Discuss with their patients how sugary drinks increasing the risk of obesity and chronic disease even in children.
• Communicate with patients the added sugar limit recommended issued by the US Dietary Guidelines for Americans and make recommendations to patients to improve their beverage choices.
• Distinguish between high fructose corn syrup and sugar
• Understand the health effects of popular artificial sweeteners
• Recognize the signs and symptoms of dehydration
• Calculate optimum daily water intake
• Describe age-dependent sleep requirements for children, adolescents and teenagers
• Discuss the importance of Playing Every Day!