



PERIO-NUTRITION

NUTRITIONAL INFLUENCES IN CHRONIC INFLAMMATION ORAL HEALTH IMPLICATIONS

An Online Nutrition Course for Dental Professionals

COURSE PROSPECTUS 2021

A course for dental professionals bringing together the most relevant and new research in the ever expanding field of nutrition.

Course Description

Welcome to your CPD program in Nutritional Influences in Chronic Inflammation – Oral Health Implications. The aim of this course is to collate the most relevant new information and research in the ever expanding field of nutrition. This online course is designed for Dentists, Dental Hygienists and Dental Therapists, Dental Nurses and Oral Health Educators to update and expand their knowledge of nutrition relative to chronic inflammation and oral-systemic health.

The course will be presented in a series of interactive webinars, worksheets and additional workshop materials that contain references to the latest research, government surveys and current concepts in nutrition relevant to the dental team.

The course is divided into a series of 6 modules. Completion of each module will enable all members of the dental team to give accurate up to the minute nutritional advice and information to our patients.

The course consists of : 6 modules delivered over 12 weeks. Each module consists of :

- 1 x 90 minute live webinar plus a 30 minute question and discussion time. This will be recorded and made available to delegates after the event.
- A workbook, containing worksheets with Key Point Reminders and a Short Answer Question assignment.
- Recommended reading and further learning resources.
- Links to key papers to help the delegate build their own reference library over the course of each module.

Each module will be limited to 20 delegates to allow adequate time for delegate interaction, feedback and questions. Delegates can choose to attend the webinar only and be awarded 2 hours eCPD. Delegates can also choose to complete the workbook and submit for review for an additional 2 hours eCPD.

The webinar will contain interactive sessions such as live polls and a Q+A session. A password will be given at the end of the webinar for delegates to email in and request a CPD certificate. Webinar feedback will be collected after the webinar via a Survey Monkey link.

The workbook sheets can be emailed in after completion and a CPD certificate will be emailed after review.

The delegate has the option to complete all 6 modules or each module can be undertaken as a stand alone course.

Module Description

Module 1 : Refined Carbohydrates and Chronic Inflammation.

Refined carbohydrates pose a significant risk in oral health. Carbohydrates are however, needed for RNA and DNA synthesis and constitute part of a well balanced diet. This module considers the effects of carbohydrates on inflammation and oral health.

Aim: The aim of this module is to consider the role of carbohydrates in health and disease. Carbohydrate sources are discussed, and refined carbohydrates are examined with reference to chronic inflammation and the potential impact on the periodontium.

Objectives:

- Describe the biochemical activity of carbohydrates in human health and disease.
- Discuss the effect of refined carbohydrates on inflammation and the impact on tissues of the periodontium.
- Consider dietary strategies to reduce inflammation.

Learning Outcomes:

- On completion of this module you will be able to:
- Explain the effect of refined carbohydrate intake in chronic inflammation.
- Deliver dietary strategies for blood glucose control.
- Apply the principals of nutrition with relevance to periodontal health in daily practice.

Module 2: The Role of Essential Fatty Acids in the Resolution of Chronic Inflammation.

In a society obsessed with the fat free diet, essential fatty acid deficiency may have detrimental effects on periodontal health. This module explores the potential association between fatty acids and chronic inflammation.

Aim: The aim of this module is to review the role of saturated fats and polyunsaturated fats (PUFA's) with relevance to chronic inflammation. The resolution of chronic inflammation is discussed and the impact this may have on chronic periodontal inflammation.

Objectives:

- To provide a review of essential fatty acids in human health.
- Consider the role of essential fats in the resolution of chronic inflammation and the potential effect on oral health.
- Discuss dietary strategies to promote the regulation of chronic inflammation.

Learning Outcomes:

- On completion of this module you will be able to:
- Explain the mechanisms involved in the resolution of chronic inflammation.
- Describe the potential role of PUFA's as supportive therapy in the treatment of periodontal disease.
- Deliver anti-inflammatory dietary strategies involving the regulation of fatty acids.

Module Description

Module 3: Antioxidants, Chronic Inflammation and Periodontal Disease.

Oxidative stress is a fundamental feature of the inflammatory response and is recognised as a key feature in the aetiology of all chronic inflammatory diseases. There is increasing interest in the antioxidant status of the host and the severity and progression of chronic periodontal disease, could there be a possible association?

Aim: The aim of this module is to discuss antioxidant status as a potential risk factor in the aetiology of periodontal disease along with the role of the antioxidant enzyme systems in the inflammatory process. The capacity for nutrition as a supportive therapy in the treatment of periodontal disease is also considered.

Objectives:

- Discuss oxidative stress and the impact on oral and systemic health.
- Classify antioxidants and their function in chronic inflammation.
- Identify dietary strategies involving antioxidants that reduce inflammation.

Learning Outcomes:

On completion of this module you will be able to:

- Describe the biochemistry and activity of antioxidants and free radicals.
- Analyse the role of the antioxidant enzyme systems relative to the health of the oral cavity.
- Safely deliver dietary advice and recommendations in clinical practice.

Module 4. Vitamin D and Oral Health, Chronic Inflammation and Bone Density

Module Description

Module 5. Probiotics and the Role of the Microbiome

Refined carbohydrates pose a significant risk in oral health. Carbohydrates are however, needed for RNA and DNA synthesis and constitute part of a well balanced diet. This module considers the effects of carbohydrates on inflammation and oral health.

Aim: The aim of this module is to consider the role of carbohydrates in health and disease. Carbohydrate sources are discussed, and refined carbohydrates are examined with reference to chronic inflammation and the potential impact on the periodontium.

Objectives:

- Describe the biochemical activity of carbohydrates in human health and disease.
- Discuss the effect of refined carbohydrates on inflammation and the impact on tissues of the periodontium.
- Consider dietary strategies to reduce inflammation.

Learning Outcomes:

- On completion of this module you will be able to:
- Explain the effect of refined carbohydrate intake in chronic inflammation.
- Deliver dietary strategies for blood glucose control.
- Apply the principals of nutrition with relevance to periodontal health in daily practice

Module 6. Oral Manifestations of Nutritional Deficiency

In a society obsessed with the fat free diet, essential fatty acid deficiency may have detrimental effects on periodontal health. This module explores the potential association between fatty acids and chronic inflammation.

Aim: The aim of this module is to review the role of saturated fats and polyunsaturated fats (PUFA's) with relevance to chronic inflammation. The resolution of chronic inflammation is discussed and the impact this may have on chronic periodontal inflammation.

JOIN A TEAM OF CHAMPIONS!

With 3 championship medals!

Tryout Dates:

Sep 20 | 1pm-3pm

Sep 21 | 2pm-5pm

Sep 22 | 1pm-3pm

Just look for Coaches Theresa Degennaro,
Tasha Wilson or Haidee Salgado.

Good luck and see you there! Come in sports attire.

*For more information about the tryouts, please call 123-456-7890 or visit
www.reallygreatsite.com. You may also email us at
hello@reallygreatsite.com.*

