



## BUGS, PUS AND DYSBIOSIS, OH MY!

### UNDERSTANDING THE BIDIRECTIONAL RELATIONSHIP OF ORAL AND SYSTEMIC HEALTH

PENNY HATZIMANOLAKIS

**COST:** \$ 100

2.5 hours of instruction

**REGISTER:**

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Chronic low-grade infections in the mouth elevate systemic inflammation and have an impact on all body systems. The mouth is further linked with the rest of the body when considering the impact of numerous conditions like oral airway, sleep apnea, TMD and headaches, dental caries infections, periodontal and oral cancer, to name a few. The understanding of the bidirectional connections is rapidly evolving, and primary oral healthcare providers and organizations are striving to improve ways to deliver healthcare more efficiently and effectively using current, evidence-informed methodologies. It is no longer acceptable to minimize or ignore the inflammatory burden and bacterial load that is placed on the overall health of the body by oral diseases. This program will review the current scientific literature on dental diseases and their association with systemic health. The program will support the participant with screening, approaches and management of oral-systemic connections into clinical practice to achieve comprehensive patient-centred care plans.

#### EDUCATIONAL OBJECTIVES

1. Identify the primary oral-systemic connections
2. Understand the difference between the health status of Symbiosis or Dysbiosis
3. What risk indicators/factors play the most significant role in oral and overall health?
4. Is there a difference between leaky gut and leaky gums syndrome?
5. Introduce and discuss the various types of oral-systemic health screenings

#### CLINICIAN



**PENNY HATZIMANOLAKIS, MSc, Clinical Associate Professor, UBC** received her education at the University of British Columbia, completing a Bachelor's (2004) and Master's degree (2009) in Dental Sciences. In 1994, she obtained her diploma from Vancouver Community College in Dental Hygiene. As a UBC educator, involved with the Periodontics graduate and undergraduate Dental and Dental Hygiene Degree Programs. Chairs the DH Admission and is the DH 3rd year coordinator. As a scientific investigator, her focus is on periodontal and implant diseases. She has published and co-authored in multiple peer-reviewed journals and a conference and webinar speaker for multiple organizations.

As a clinician, she practices with a periodontics/prosthodontics specialty team from the year 2000. As part of the dental community, she is a board member of the Pacific Dental Conference. She supports Dental Hygienists and their teams in achieving the highest standard of care, through her company, UpScale Consulting.



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