

**Thriving Through Turbulence
A JOURNEY TO HEALTH, VITALITY, AND SUCCESS**

Friday, September 20, 2024 – Seattle, WA

<p>8:00 am - 9:00 am</p>	<p>Registration & Breakfast</p>
<p>9:00 am - 9:15 am</p>	<p>Introduction <i>Cindy Sensabaugh, RDH, MS</i> <i>Sr. Manager, Professional Relations & Education</i> <i>Philips Oral Healthcare</i></p>
<p>9:15 am - 12:00 pm</p>	<p>Healthful Living in a Stressed-Out, Anxious World <i>Karen Davis, BSDH, RDH</i></p> <p>Individuals are experiencing bouts of depression, and/or debilitating anxiety at an alarming rate, and the incidence is rising in the young adult and adolescent population. Stressors, including chronic illnesses, financial insecurity, and depression, influence good or bad behavior choices every day. Healthful living in a stressed-out world isn't just a theory or ideal. Rather, implementation can substantially improve quality of life and life span. Discover how Lifestyle Medicine impacts healthful living. Walk away with strategies you and your patients can implement immediately to de-stress and reduce risks that shorten life span and rob you of quality living.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Recognize the impact that anxiety, depression and chronic stressors have on wellness. • Appraise the benefits of adhering to Healthful Living and Lifestyle Medicine.

<p>12:00 pm - 12:45 pm</p>	<p>Lunch Break</p>
<p>12:45 pm - 3:30 pm</p>	<p>Across the Ages: Pharmacotherapies for Common Co-Morbidities <i>Ann Spolarich, RDH, PhD, FSCDH</i> Children, adolescents, and adults are becoming increasingly medicated for a variety of chronic health conditions, including diabetes, heart disease and mental health disorders. Dental professionals should be familiar with the indications, contraindications and adverse events associated with the pharmacotherapies used to manage these conditions, including oral complications. This course will help prepare dental professionals to appropriately perform risk assessment with managing medicated patients, including risks associated with misuse of alcohol, prescription and illicit drugs used as negative coping behaviors.</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Discuss trends in medication use associated with diabetes, heart disease and mental health disorders among U.S. children, adolescents, and adults. • Identify the indications, contraindications, and adverse effects associated with commonly prescribed medications used to treat mental health disorders and related dental practice management considerations. • Describe the systemic and oral health implications associated with alcohol, prescription, and illicit drug use as a negative coping behavior.
<p>3:30 pm</p>	<p>Program Concludes</p>