

DKU is BACK from COVID break with social distancing seating for lecture & Lunch

The Dental Society of Chester County & Delaware County Proudly Presents

DKU
DENTISTS KEEPING UP!
3 CEU Lecture Credits Per Course



Wednesday, May 19, 2021

Springfield Country Club

Rt. 320, Springfield, PA

Registration 8:30 AM; Lecture 9:00-4:00

Tieraona Low Dog, MD
Santa Fe, NM

Tieraona Low Dog, M.D.'s exploration of natural medicine and its role in modern health care began more than 35 years ago as she studied midwifery, herbal medicine, massage therapy, and martial arts before earning her medical degree from the University of New Mexico School of Medicine. Dr. Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health.

She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer-reviewed articles, written 20 chapters for medical textbooks, and has authored five books, including three National Geographic books, *Fortify Your Life*, *Healthy at Home*, and *Life is Your Best Medicine*.

Dr. Low Dog lives with her husband, horses, chickens, dogs, and cats on a small ranch in the mountains outside of Santa Fe, NM.

AM: Immunity 101: What the Dental Team Should Know

The immune system is perfectly designed to help protect our bodies from infections, both minor and potentially life-threatening. We have witnessed the devastating effects SARS-CoV2 has had on our health, physically and psychologically; our economy, and our businesses. There are numerous practices and habits that can support the immune system, as well as those that can impair its ability to function at its best. This highly relevant and engaging lecture will help provide the dental team with the facts they need to know to keep their patients and staff safe.

Learning Objectives:

1. Participants will be able to describe the function of the innate and adaptive immune system.
2. Participants will be able to discuss past pandemics and the role of vaccinations.
3. Participants will be able to discuss the use and misuse of antibiotics and the growing problem of antibiotic resistance.
4. Participants will be able to identify the relationship between chronic stress and impaired immune function.
5. Participants will be able to identify key micronutrients that are necessary for optimal immune function.

This AM Course satisfied 3 CE Lecture Credits.

PM: Integrative Approaches to Pain—"There are alternatives to Opioids"

(This PM Course satisfies the state mandate for Opioid training!)

Data show that more than 100 million Americans suffer from chronic pain: more than those with heart disease, cancer, and diabetes combined. While opioids are powerful allies in the management of pain, the risk of addiction, depression, central hypogonadism, sleep-disordered breathing, infections, cognitive impairment, falls, non-vertebral fractures, and mortality are increased in populations taking these medications long-term. Clinicians should be aware of the evidence of efficacy and safety for the use of complementary and integrative approaches to the management of pain, including an understanding of which conditions might be most amenable to these interventions.

Learning Objectives:

1. Participants will be able to discuss the pros and cons of prescription drugs used for pain management.
2. Participants will be able to describe the benefits and risks for using over-the-counter analgesic medications.
3. Participants will be able to describe the evidence and risk for dietary supplements commonly used by patients for pain management.
4. Participants will be able to describe 3 strategies to enhance the patient experience using non-pharmacologic pain management solutions.

This PM Course satisfied 3 CE Lecture Credits.



ADA C.E.R.P.® | Continuing Education Recognition Program

The Dental Society of Chester County and Delaware County is an ADA CERP recognized provider approved by the Pennsylvania Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. The Dental Society of Chester and Delaware County designates this activity for six continuing education credits per course.

Fees: (Luncheon Included)

Members of the Dental Society of Chester and Delaware Counties	\$150.00	Non-ADA Members	\$240.00
Other ADA Members	\$200.00	Staff Members accompanied by doctor . . .	\$90.00

Cancellation & Refund Policy: No refunds will be made without at least one week's notice prior to course date. (A \$25 administrative fee will be deducted.)

For more information contact Barry Cohen D.M.D.
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or Register on-line at www.DKUdental.com