

"Au Naturale: Oral Health and Homeopathic Trends"



Washington Dental Hygienists' Association

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Course Objectives:

1. Understand cultural diversity and the role it plays in the dental setting
2. Provide historical background on complimentary, integrative and alternative medicine
3. Discuss research and literature regarding alternative medicine trends
4. Manage discussions around current oral health and homeopathic trends
5. Discuss oral health considerations for homeopathic populations
6. Review current professional recommendations

- Historical Perspective
 - 3,000-5,000 years ago
- Patient Centered Care
 - Cultural Competency, Diversity training
 - Risk Assessment
- Research and Evidence Based Healthcare
- Example: St Johns Wort
- Complimentary and Integrative Health (current terminology)
- Complementary, Integrative and Alternative Medicine
 - Traditional medicine in India is Ayurveda
 - Eastern Medicine very different than Western medicine
 - Prevalence, reimbursement
 - JAMA 10 year study
 - Types of Complementary and Alternative Medicine: Chiropractic, massage, relaxation techniques, spiritual healing, self-help, biofeedback, lifestyle and diet, energy healing, megavitamins, Acupuncture, folk remedies and hypnosis
- Ayurveda
 - "whole body healing" and balance of mind, body and spirit
 - Oil Pulling

- Raphaology
 - Harmony with the earth
 - Foods (nutrition for optimal health-berries, fruit, vegetables and wild salmon)
 - Herbs (plants and stems in food, teas, massage oils)
 - ID Therapy (interactive mapping)
 - Color Therapy (crystals, gems, salt lamps)
 - Stress is the largest factor of dysfunction, distortion and disease
 - Has not been reviewed or approved by FDA
- Vitamin and Prescription overdose
- Baltic Amber Teething Beads
 - No research to support, strangulation/choking hazard, banned in several countries
- Acupuncture in Dentistry
 - Many research articles support Acupuncture
 - Can be used for pre dental anxiety, post operative pain control, TMD/facial pain
 - Masters Degree or Post Grad Certificate
- BOTOX and dental hygienists-Nevada
- What's in Your Tube? Preventive toothpastes and treatment gels
 - Fluoride, abrasiveness, multi-symptom-Enamelon and ACP Technology
- Essential Oils: various types and routes of administration
- Aromatherapy
- Natural Remedies for Oral Health
 - Toothpastes, rinses, tooth powders and gum packs, toothbrushes, miswak sticks
 - Natural approaches to periodontal disease, healing caries, preventing biofilm and healing apthous ulcers
- Tobacco cessation
- Dry Mouth
- Holistic Dentistry
- Probiotics/Prebiotics
 - Intestinal health
 - Oral Health
 - Bacteria specific, Orogenics White paper
- Other oral health trends
- Gluten, Celiac Disease
- Xylitol
- Antioxidants

- DIY
 - Charcoal Bleaching
 - Instasmile
 - Nightguard www.totalgard.com
 - Orthodontics
 - Gap Band
 - Straighter Teeth by Mail?
 - Myofunctional Therapy www.aacfp.org/referral, www.orthotropics.com

- Technology
 - Apps
 - Diagnostics
- Biological Dentistry

- Professional Recommendations
 - Risk Assessment
 - Fluoride, Non-Surgical Periodontal Therapy, Antibiotic premedication, Radiographs
 - Unconventional Dentistry
 - Evidence based decision making
 - Associations: policy statements, practice guidelines

- Additional Reading Materials/ References
 - www.ama-assn.org
 - www.lscmr.org
 - www.hhpcanada.org
 - www.Cchh.org
 - www.Naturopathic.org
 - www.Faim.org
 - www.Ahha.org
 - www.cdc.gov
 - www.cancer.gov
 - www.nacams.org
 - www.Spiritualityinhealthcare.net
 - www.Holisiticmed.com
 - www.Cpmdq.com
 - www.Altmedworld.net
 - www.holisiticdental.org
 - www.naturaldentistry.org
 - www.peakherbs.org
 - www.medicalmedium.com
 - <http://www.premusa.com>
 - www.usa.gov/health-resources
 - www.oragenics.com
 - www.periosciences.com/control/main
 - www.nccih.nih.gov
 - www.oraspa.com
 - "Nature's Recipe for Peak Health"
 - "Alternative Medicine" August 2015 Issue 23
 - "Herbal Remedies for 2015" Country Collectibles #97
 - Journal of the Royal Society of Medicine
 - "Modern Essentials" 2015, 5th Edition
 - "Holistic Dental Care" Nadine Artemis, 2013
 - "Nature's Remedies" Newsweek Special Edition, 2017
 - www.Naturaldentirsy.org
 - www.NuSkin.com
 - American Dental Association
 - American Dental Hygienists Association
 - Oraldna.com

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