



Fall Meeting

Nutrition, Life Styles, Systemic Diseases and Oral Health: *The central role of the Dental Hygienist* November 27th-28th, 2020

For Dental Hygienists and Undergraduate DH Students

Coordinator:	Claudia Dellavia Milano, IT
Speakers:	Mario Aimetti Torino, IT - Maria Grazia Cagetti Milano, IT Antonio Carrassi Milano, IT - Nicola Discepoli Siena, IT Massimo Di Stefano Milano, IT - Francesco Sofi Firenze, IT

Presentation

The general health conditions and lifestyles of our patients weigh heavily on the outcome of the care of the patient affected by periodontitis and peri-implantitis. The effectiveness of periodontal therapy passes as much through the clinical evaluation capacity and the technical skills of the operator as through a correct patient classification.

Knowing in depth the **relationships between systemic diseases, incorrect behavior and inappropriate eating habits** is the key to transforming the meeting with the patient into a stage for the improvement of his condition, not only oral but also general.

We will take this journey together in a **digital format** with two lean but very content-packed sessions.

On **Friday afternoon** we will have the first session in which with the help of Experts we will try to deal with the periodontal or peri-implant patient through a more holistic approach to the problem. In fact, we will start from considerations related to food hygiene and the potential ability it has in controlling systemic inflammation. We will then evaluate the effectiveness of probiotics in modulating the oral ecosystem.

On **Saturday**, however, we will focus on aspects related to lifestyle, spoiled habits and some systemic diseases such as diabetes, to clearly highlight how the dental practice can become an extraordinary hub for achieving the global health of our patients. An ambitious goal that to be achieved requires not only individual knowledge and skills, but also greater awareness in the evaluation of one's personal role.

We want to share this thought to make it even stronger **you can't miss it!**

We are waiting for you online!

Luca Landi

SDP President

Claudia Dellavia

Coordinator of the Course

Friday, November 27th, 2020

Happy Hour Time

- 05.00_{pm} -05.10_{pm} **Introduction**
Claudia Dellavia
- 05.10_{pm} -05.40_{pm} **Nutrition and host response modulation**
Francesco Sofi
- 05.40_{pm} -06.10_{pm} **Oral health and food hygiene**
Nicola Discepoli
- 06.10_{pm} -06.15_{pm} **Sponsor break**
- 06.15_{pm} -06.45_{pm} **The role of probiotics in the control of the oral microbiome**
Maria Grazia Cagetti
- 06.45_{pm} -07.15_{pm} **Discussion - Q&A**
Claudia Dellavia, Maria Grazi Cagetti, Nicola Discepoli, Francesco Sofi

Saturday, November 28th, 2020

Breakfast Time

- 10.00_{am} -10.10_{am} **Introduction**
Claudia Dellavia
- 10.10_{am} -10.40_{am} **Ageing and oral health**
Antonio Carrassi
- 10.40_{am} -11.10_{am} **From diabetes to metabolic syndrome:
The role of periodontitis**
Mario Aimetti
- 11.10_{am} -11.15_{am} **Sponsor break**
- 11.15_{am} -11.45_{am} **Traditional, electronic o digital smoking:
What changes for oral health?**
Massimo Di Stefano
- 11.45_{pm} -12.15_{pm} **Discussion - Q&A**
Claudia Dellavia, Mario Aimetti, Antonio Carrassi, Massimo Di Stefano