



The following information is about the upcoming Middlesex Component of MDHA March meeting.

Course Title: Going Beyond the Basics of Xylitol

Date: Sunday, March 15, 2020

Time: 8:30 AM – 12:00 PM. Registration and breakfast are 8:30 AM – 9:00 AM; course is from 9:00 AM – 12:00 PM.

Location: Hilton Boston/Woburn Hotel located at 2 Forbes Street, Woburn, MA.

Presenter: Lisa E. Stillman, RDH, BS

Cost: Students \$30, “Early Bird” ADHA Members \$55 (registration must be received by Sunday, March 1st), ADHA Members registered after this date \$60, Non-members and all others \$75*. Prices include breakfast and course

CEU’s: 3 Continuing education credits awarded

*You can pay Member rates by joining ADHA now!

Course Description: By now, dental professionals are well aware of the caries-prevention benefits of Xylitol but there is a lot more this magical sugar can do! This course will give a basic overview of Xylitol’s oral benefits, but will delve deeper into why it is so effective at providing instant dry-mouth relief for our patients as well as keeping us healthy during cold and flu season.

Many dental patients’ needs change over time and dry mouth and xerostomia relief are becoming an increasing concern for dental professionals. This unique course reveals the special needs of people suffering from dry mouth. We will discuss the importance of creating a healthy oral environment prior to a patient undergoing medical treatments such as chemotherapy, kidney dialysis, or entering an assisted care facility, as well as those being treated for mental illness. Also discussed in this course is the relationship of a healthy gut and healthy body, brain, and emotional well-being and how Xylitol contributes systemically.

Also discussed will be the respiratory benefits of Xylitol and why using Xylitol in nasal spray can be so effective at respiratory infections. The nose and mouth are the gateways to our respiratory system and our entire digestive system. Bacteria that enter through these portals and simply pass through do not cause any problems, but when harmful bacteria make their home in the upper respiratory tract, they breed and multiply. This

invasion can lead to sinus infections, pneumonia, ear infections, and can even trigger asthmatic attacks. A revolutionary approach to inhibiting this bacterial assault in the utilization of Xylitol.

Learning Objectives: Upon completion of this course the participant will be able to:

- Understand Xylitol's mechanism of action
- Discuss the role of Xylitol in dry mouth relief
- Explain nutritional and systemic advantages of Xylitol in the diet
- Understand how Xylitol can improve respiratory health
- Appreciate how this knowledge applies to dental professionals

About the Speaker:

Lisa E. Stillman, RDH, BS is a Regional Education Manager for Xlear Inc. She teaches health professionals the general and dental health benefits of quality Xylitol products with presentations and literature, and assists dental offices in incorporating Xylitol into the dental hygiene protocol. Lisa has practiced dental hygiene in Maryland and Virginia. She developed an organization called "Dental Voice for Mental Health" that assists mental health care recipients in caring for their oral health with awareness and education. Lisa writes articles and is featured in dental and mental health publications.

2008 Sunstar/RDH Award of Distinction Recipient

2008-2017 CareerFusion Certificat/Attendee

The form to register is on the next page!

To register, please print, fill out, & enclose the following form below.

Checks should be made out to: MDHA

Send to:

Paulette Glasser, RDH (Middlesex Component Secretary)
617 Middlesex Turnpike
Billerica, MA 01821-4324

Questions? Please contact Paulette at ollie38@comcast.net

Sunday, March 15, 2020
Hilton Boston/Woburn Hotel
Woburn, MA

Going Beyond the Basics of Xylitol

Name: _____

Address: _____

Phone #: _____

E-mail: _____

ADHA Member ? : Yes No

Amount Enclosed: _____