



MONTEREY BAY DENTAL HYGIENISTS' ASSOCIATION

BACK BY POPULAR DEMAND

A NEW PRESENTATION BY NATIONAL AND INTERNATIONALLY  
RECOGNIZED SPEAKER, BETSY REYNOLDS, RDH, MS

ON

**“THE STRESS MESS:**

**THE IMPACT OF STRESS ON ORAL AND SYSTEMIC HEALTH”**

SATURDAY OCTOBER 28<sup>TH</sup>

SEACLIFF INN

7500 OLD DOMINION COURT, APTOS, CA 95003

CALIFORNIA CONTINENTAL BREAKFAST and REGISTRATION

8:00AM

4.5 CE UNITS PRESENTATION

8:30AM-1:00PM

This exceptional opportunity to have Betsy here again to inspire us by her innovative thinking will inspire you while providing the most contemporary clinical and scientific evidence available!

#### **COURSE AND SPEAKER INFORMATION**

Stress has become an integral part of everyday life. Whether rushing to an appointment across town during rush hour or dealing with difficult patient scenarios, we are often “stressed out” by the end of the day. How does stress affect our ability to make clinical decisions? How does chronic stress affect overall health? How can people better manage stressors to decrease its adverse effects on well-being? This course will help the participant answer these and many more questions through a fun; interactive program based on the latest research findings. Also included in this program will be how chronic stress impacts oral and systemic health. As a recognized risk factor for periodontal diseases, stress reduction strategies for patient care will be presented in order for the participant to devise and implement treatment plans addressing stress-related sequelae. Because stress effects can be gender specific, a portion of the course will be devoted to how men and women differ in stress management, stress responses and stress manifestations. Following the presentation, the participant will be able to:

- •Relate the physiological aspects of the stress response to systemic and oral manifestations
- •Understand the effects of stress on immune system function
- •Recognize how stress impacts periodontal health
- •Emphasize dietary strategies designed to minimize detrimental effects of stress to dental hygiene patients
- •Understand gender differences in stress responses
- •Incorporate stress relieving strategies in the office and home setting

**BETSY REYNOLDS, RDH MS**



Armed with degrees in dental hygiene and oral biology, Betsy presents scientifically based dental and dental hygiene continuing education programs nationally and internationally. Avidly committed to making the dental sciences understandable and relevant, Betsy devotes time and energy to publishing articles and book chapters designed to enlighten and inspire clinicians. Her continuing education presentations include a variety of topics involving the biologic basis for oral and systemic disease prevention, microbiological and immunological aspects of oral disease, implications of stress on oral and systemic health, oral pathological concerns, head and neck anatomy and scientific developments affecting oral health care delivery. Betsy lives in her home state of Idaho where she enjoys hiking, biking, gardening and taking in the breathtaking scenery with loved ones.

BETSY DECLARES NO CONFLICT OF INTEREST IN PRESENTING THIS CE COURSE.

REGISTRATION IS: \$85 FOR MEMBERS \$110 FOR NON – MEMBERS AND \$ 25 FOR RDH STUDENTS, AND WILL BE TAKEN ON A FIRST COME FIRST SERVED BASIS BECAUSE SPACE IS LIMITED.

\*THERE WILL BE NUMEROUS PRODUCT VENDORS PRESENTING AT THEIR TABLES IN THE MEETING ROOM AS WELL... SO BE SURE TO VISIT THEM BEFORE, DURING BREAKS OR AFTER THE COURSE.

**PLEASE REGISTER BEFORE THE OCTOBER 20<sup>TH</sup> 2017 DEADLINE TO RESERVE YOUR SEAT.**

PLEASE FILL OUT THE FOLLOWING REGISTRATION AND YOUR CHECK MADE OUT TO “MBDHA” AND MAIL TO:

MBDHA  
C/O PATRICIA ANDERSON, RDH, BS  
PO BOX 192  
APTOS, CA 95001

QUESTIONS?? CONTACT PATRICIA at: [PATRICIALEERDH@GMAIL.COM](mailto:PATRICIALEERDH@GMAIL.COM) OR (831) 684-0952

REGISTRATION FOR BETSY REYNOLDS CE 10-28-17,Seacliff Inn, Aptos,CA

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

LICENSE # \_\_\_\_\_ PHONE# \_\_\_\_\_

Circle one: Member \$85

Non-member \$115

Student RDH \$25