

Nutrition for general and oral health

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Nutrition affects general and oral health and vice versa. This interdependent relationship sees good nutritional health promoting good oral health, encompassing periodontal status, the well-being of teeth and bone, salivary quantity and quality, and sensory dimensions of taste and pain. Nutrition is a major factor in infection and inflammation. Several reports emphasize the synergistic relationship between malnutrition, infectious diseases and the immune system. Diet and nutrition play a key role in: Tooth development; gingival and oral tissue integrity; bone strength; and prevention and management of diseases of the oral cavity. Tooth loss may affect ability to chew. As oral health professionals, we should maintain current knowledge of nutrition recommendations as they relate to general and oral health and disease, and effectively educate and counsel our patients about proper nutrition and health. At the end of the course, the participant will be able to:

- Describe the relationship between antioxidant function and pathogenesis of periodontal disease;
- Understand the obesity-related inflammation link;
- Know that body fat has hormonal effects;
- Recognize that macronutrients and micronutrients modulate pro-inflammatory and anti-inflammatory cascades, which influence a person's baseline inflammatory status;
- Appreciate that diet and nutrition play a key role in the prevention and management of diseases of the oral cavity.

Biography

Maria Perno Goldie, RDH, BA, MS, is Past President, International Federation of Dental Hygienists. She serves on the Editorial Review Board of the International Journal of Dental Hygiene, the Journal of Dental Hygiene, *Prevenzione&Assistenza Dentale*, and *Access* magazine, and is Immediate Past President, International Federation of Dental Hygienists. A noted researcher, author, and speaker, she has presented seminars internationally on topics like *Women's Health and Wellness*, *Cancers and Oral Care for the Cancer Patient*, and *Immunology and Periodontal Disease* and more. She served as the 1997-98 President of the American Dental Hygienists' Association (ADHA), served on an advisory panel to develop "The Future of Dental Hygiene Report. ", and is the Immediate Past President of the International Federation of Dental Hygienists (IFDH).

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