NUTRITION & DENTAL HEALTH

Important Information for Our Patients and Ourselves

Arkansas State Dental Association
133rd Annual Scientific Session
March 13-14, 2020
Marriott Hotel Little Rock
Little Rock, Arkansas
Come Join Us!

Bring Your Entire Staff…

We hope you will plan to join us for the 133rd Annual Scientific Session on March 13-14, titled “Nutrition & Dental Health!” Once again, the ASDA Annual Scientific Session is scheduled in early March, and it does not conflict with Spring Break or another regional dental meeting! The entire event will occur at the Marriott Hotel in Little Rock in a compact, easy-to-access venue. **Dr. Uche Odiatu** (www.druche.com) is a highly-sought clinician at ADA conferences. He will offer two half-day courses, “The Wellness Focused New Patient Exam: Patient Lifestyle Habits that Influence Healing” on Friday morning, and “What Every Dental Professional Needs to Know About the Human Microbiome” during the afternoon. These are presentations for the entire dental team! Also, **Dr. Pam Stein VanArsdall** will present an important course on Saturday morning titled, “Foods that Fight Oral Cancer: Evidenced-Based Eating for Cancer Prevention.” And this year, ASDA is pleased that the Pierre Fauchard Academy will host its international Board of Directors’ meeting in conjunction with our Annual Session! It’s going to be a great two days! We’ll see you there.

**Dr. Kim Kosmitis, ASDA President**

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**Hotel Information**

Room Rates: $131 Single and Double Occupancy. The cut-off date for making reservations is February 24.

For reservations call 1-877-759-6290
Little Rock Marriott
#3 Statehouse Plaza
Little Rock, Arkansas 72201

Identify that you are registering as part of the Arkansas Dental Association 2020 Annual Conference.

Visit arkansasdentistry.org for online hotel reservation.
## Itinerary

### Thursday, March 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 p.m. - 7:00 p.m.</td>
<td>Executive Council Meeting</td>
<td>Marriott - Manning</td>
</tr>
<tr>
<td>7:00 p.m. - 9:00 p.m.</td>
<td>Delta Dental’s Dental Advisory Committee</td>
<td>Pinnacle Lounge</td>
</tr>
</tbody>
</table>

### Friday, March 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m. - 3:30 p.m.</td>
<td>Registration</td>
<td>Marriott - Hoffman</td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>ASDA General Assembly &amp; Breakfast (Members only)</td>
<td>Marriott - Ballroom C</td>
</tr>
<tr>
<td>8:30 a.m. - 5:00 p.m.</td>
<td>Exhibits Open</td>
<td>Marriott - Mezzanine</td>
</tr>
<tr>
<td>8:30 a.m. - 12:00 p.m.</td>
<td><strong>Dr. Uche Odiatu</strong>&lt;br&gt;• <em>The Wellness Focused New Patient Exam: Patient Lifestyle Habits that Influence Healing</em></td>
<td>Marriott - Grand Ballroom</td>
</tr>
<tr>
<td>10:00 a.m. - 10:30 a.m.</td>
<td>Exhibitor Showcase Break</td>
<td>Marriott - Mezzanine</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>The “You Decide!” Lunch</td>
<td>Participating Restaurants</td>
</tr>
<tr>
<td></td>
<td>• Choose from among 4 area Restaurants and the tab’s on us!</td>
<td></td>
</tr>
<tr>
<td>1:30 p.m. - 5:00 p.m.</td>
<td><strong>Dr. Uche Odiatu</strong>&lt;br&gt;• <em>What Every Dental Professional Should Know About the Human Microbiome</em></td>
<td>Marriott - Grand Ballroom</td>
</tr>
<tr>
<td>3:00 p.m. - 3:30 p.m.</td>
<td>Exhibitor Showcase Break</td>
<td>Marriott - Mezzanine</td>
</tr>
<tr>
<td></td>
<td>• Dentist Grand prize Drawing:$1,000!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Hygienist Grand prize Drawing: TBA</td>
<td></td>
</tr>
<tr>
<td>5:00 p.m. - 6:30 p.m.</td>
<td>Pierre Fauchard Academy Reception</td>
<td>Marriott - Arkansas Ballroom</td>
</tr>
<tr>
<td>4:30 p.m. - 6:30 p.m</td>
<td>UT Alumni Reception</td>
<td>Marriott - Mezzanine</td>
</tr>
<tr>
<td></td>
<td>• Co-sponsored by UT College of Dentistry Alumni Association and ASDA</td>
<td></td>
</tr>
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### ASDA Members:

Remember, the 2020 General Assembly will be held on Friday morning, March 13 at 7:00AM in Ballroom C of the Marriott Hotel Little Rock. Business will include Elections, and a Vote on Whether to Change ASDA Districts as Explained in a Mailing to the Membership. Breakfast will be served. ASDA members only.
Saturday, March 14

7:00 a.m.  ICD Business meeting  Marriott - Hoffman
7:30 a.m. - 8:00 a.m.  ICD/ACD Breakfast  Marriott - Hoffman
ACD Business meeting will follow breakfast
7:00 a.m. - 11:00  Registration  Marriott - Mezzanine
7:45 a.m.  ARDPAC Board of Directors Meeting  Marriott - Peck
8:00 a.m. - 12:00 p.m.  Dr. Pam Stein VanArsdall
• Foods that Fight Oral Cancer (and Other Cancers, Too): Evidence-Based Eating for Cancer Prevention
Marriott - Salon A
9:45 a.m. -10:00 a.m.  Morning Break  Marriott - Break area
12:00 p.m.  President’s Luncheon & Awards Ceremony  Marriott - Salon B
1:30 p.m.  ASDA Executive Council Meeting  Presidential Suite

Arkansas Mission of Mercy 2020

April 24-25, 2020
Conway Event Center
Conway, Arkansas

FREE extractions • Restorations • Preventive Services

Volunteer Registration available at the Annual Session or online at www.arkansasmissionofmercy.org
### Course Synopses

<table>
<thead>
<tr>
<th>The Wellness Focused New Patient Exam: Patient Lifestyle Habits that Influence Healing</th>
</tr>
</thead>
</table>
| **Presenter:** Dr. Uche Odiatu  
**Friday, March 13**  
8:30AM - 12:00PM  
4 CDE Hours |
| Our patients don’t leave their stressful jobs, poor sleeping patterns (insomnia, apnea, snoring), their physical fitness (or lack) or their eating patterns (mindless eating & evening feeding frenzies) in the car before they sit in our chair. There’s irrefutable scientific evidence that these habits have the ability to ramp up inflammation or dial it down. Well adjusted, rested, physically active, healthy eating patients enjoy a physiology that supports a better response to our prevention/restorative interventions. In this high energy entertaining program be prepared to have your hair blown back. |

<table>
<thead>
<tr>
<th>Foods That Fight Oral Cancer (and Other Cancers, too): Evidence-Based Eating for Cancer Prevention</th>
</tr>
</thead>
</table>
| **Presenters:** Dr. Pam Stein VanArsdall  
**Saturday, March 14**  
8:00AM - 12:00PM  
4 CDE Hours |
| Research suggests that nearly 70% of all cancers are potentially preventable and related to our lifestyles with 30% of cancers attributed to dietary factors. But food can work in our favor, to reduce our risk of cancer IF we eat the right foods, prepared in the right way. In this session, fifteen different foods and their phytochemicals will be discussed as well as the mechanisms by which these foods fight cancer. Findings from cancer research focusing on chemoprevention of particular foods will be discussed. Tips from research about how to prepare these foods to preserve maximum potency of important cancer fighting substances will be shared. This course will be interactive and by the end of the session each table will have a beautiful plate of colorful, tasty, cancer-fighting foods!. |

<table>
<thead>
<tr>
<th>What Every Dental Professional About the Human Microbiome</th>
</tr>
</thead>
</table>
| **Presenter:** Dr. Uche Odiatu  
**Friday, March 13**  
1:30PM - 5:00PM  
4 CDE Hours |
| Do your patients have the guts to douse the flames of inflammation? Our patient’s gut flora make very powerful anti-inflammatory agents when fed key nutrients. Learn what impacts gut integrity: antibiotics, jet lag, fast food, artificial sweeteners & what we dental professionals can do! The latest science from the National Institute of Health shows the microbiome impacts overall health as much as our genes. The new science of the Microbiome is shaking the foundation of medicine and nutrition. And dental industry people are the key professionals to ensure optimum functioning of the masticatory system. Attend this insightful session, learn the new science & enjoy a novel path to lower your patients’ inflammatory burden. |

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Save the Date:  
**ASDA 2020 Fall Seminar**  
September 18-19  
Marriott Hotel Little Rock  
**featuring**  
**Dr. John Flucke**  
Dental Technology
Clinicians

Uche Odiatu, DMD is a practicing dentist in Toronto and a professional member of the American College of Sports Medicine. He has been the invited guest on over 400 radio and TV shows from Atlanta to Alaska, including ABC’s long-running show, 20/20. This busy dad of four is an NSCA Certified Personal Trainer, certified boot camp instructor and has given over 450 lectures over the last 15 years in seven countries, including the USA, England, Canada, the Bahamas, Denmark, Bermuda and Norway. He is a professional member of the ACSM American College of Sports Medicine, a Certified Personal Trainer (National Strength & Conditioning Association) NSCA and the Canadian Association of Fitness Professionals CanFitPro. He is the co-author of the “Miracle of Health” (c) 2009 John Wiley (hardcover) & (c) 2015 Harper Collins. His energy and passion for dentistry and fitness has made him one of the most popular lecturers at the American Dental Association annual session, as well as the Chicago Mid-Winter Meeting, Hinman, ADHA annual convention, Yankee Dental Conference, RDH Under One Roof and many more. For more information, Please visit www.DrUche.com.

Dr. Pam Stein VanArsdall is a member of the ADA and her background includes practicing general dentistry for 13 years before becoming a full time faculty member in 2003 at the University of Kentucky College of Medicine eventually, becoming the Academic Dean at the University of Kentucky College of Dentistry. She stepped away from academics 2 years ago and began caring for her father who was also a dentist. She watched him die from cancer and since then has devoted hundreds of hours to reading the research about ways to prevent cancer through foods. It has been a fascinating and instructive process and she now has a passion to share what she has learned with those in the dental profession. She has taught many CE courses in Kentucky and across the country but she is most excited about this course, “Foods that Fight Cancer”, with a focus on oral cancer and what the research tells us about foods that might be chemopreventive.
### Option #1 (HSA 521E)

#### HSA Qualified

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<tr>
<th>Plan Type</th>
<th>Monthly Premium</th>
<th>In-Network Deductible</th>
<th>In-Network Max Out-Of-Pocket</th>
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<tbody>
<tr>
<td>Employee Only</td>
<td>$327.61</td>
<td>$2,800</td>
<td>$2,800</td>
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<tr>
<td>Employee &amp; Spouse</td>
<td>$719.09</td>
<td>$5,600</td>
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<td>Employee &amp; Child(ren)</td>
<td>$501.41</td>
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<tr>
<td>Employee &amp; Family</td>
<td>$1,015.99</td>
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### Option #2 (POS)

#### Conventional

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<th>In-Network Max Out-Of-Pocket</th>
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<tr>
<td>Employee Only</td>
<td>$386.91</td>
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<td>Employee &amp; Spouse</td>
<td>$849.26</td>
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<td>$13,500</td>
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<tr>
<td>Employee &amp; Child(ren)</td>
<td>$592.90</td>
<td></td>
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<tr>
<td>Employee &amp; Family</td>
<td>$1,199.87</td>
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<td></td>
</tr>
</tbody>
</table>

To be eligible, you must have five or more participating employees and your home office/practice must be domiciled in Arkansas.

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¹To earn 20,000 point bonus, eligible net purchase must be made within 90 days of account open date. Bonus will be credited to your account 6-8 weeks after the end of the promotion period.

²The APR may vary and as of 9/20/19, the variable APR for Purchases and Balance Transfers is 11.74% - 23.74% based on your creditworthiness. The variable APR for Cash Advances is 25.74%. Cash Advance fee: 4% of each advance amount, $10 minimum. Convenience Check fee: 3% of each check amount, $5 minimum. Cash Equivalent fee: 4% of each cash amount, $20 minimum. Balance Transfer fee: 3% of each transfer amount, $5 minimum. There is a $2 minimum interest charge where interest is due. The annual fee is $0. Foreign Transaction fee: None. We may change APRs, fees, and other Account terms in the future based on your experience with U.S. Bank National Association and its affiliates as provided under the Cardmember Agreement and applicable law.

³The $125,000 spend must be on eligible net purchases, and is per calendar year. The annual spend bonus eligibility timeframe is January 1 through December 31. Bonus will be credited to your account 6-8 weeks after the end of the promotion period.

⁴In order to qualify for additional points purchases, the purchases must be from designated ADA-endorsed providers, as determined by the provider.

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Dentist Registration

Pre-Registration Deadline is March 10

Use this form, or register online at www.arkansasdentistry.org

Dentist’s Name ________________________________ Name to print on badge __________________

Name of Practice ______________________________

Address ______________________________ City __________________

State _______ Zip _______ Phone ________________________ E-mail __________________

1. ASDA Member (Pre-registered)……………………………………………………………………………………………
   □ $290 (on-site $340)
   Includes - (1) ticket to Friday’s General Assembly breakfast, Exhibit area, Friday lunch, receptions, Courses offered by all clinicians

2. Retired ASDA Member………………………………………………………………………………………………………
   □ $90 (on-site $130)

3. ADA Out-of-state Member/Foreign Dentist ……………………………………………………………………………
   □ $365 (on-site $415)

4. Dental Student/First Year Graduate/Spouse of Member (ticketed events not included)……………
   □ No fee

5. Non ADA-ASDA Member (Pre-registered)…………………………………………………………………………
   □ $585 (on-site $635)

Ticketed Events:
6. “President’s Luncheon” - Saturday awards ceremony in Marriott………………………………………..
   □ $35

Please make checks payable to ASDA

Total $ __________________

Check # __________

Credit cards also accepted: □ Visa □ Mastercard □ AMEX □ Discover

Name as it appears on card ________________________________

Card number ________________________________ Exp. Date __________

Signature ________________________________ Verif. Code __________

RETURN COMPLETED REGISTRATION AND PAYMENT TO:
ASDA • 7480 Highway 107 • Sherwood, AR 72120 • FAX 501-834-7657
No Refunds After February 28 • Hotel cutoff is February 24

Mail completed form to:
Arkansas State Dental Association • 7480 Highway 107 • Sherwood, AR 72120

Or

FAX to 501-834-7657
Hygienist Registration

Use this form, or register online at www.arkansasdentistry.org

Hygienist’s Name ____________________________________________

☐ ADHA Member       ☐ ADHA non-member

Name of Primary Practice where you work ________________________________________________________________

Address ________________________________________________________________________________________________________________________________City ______________________

State Zip Phone E-mail ________________________________________________________________________________________________

ASDA is pleased to partner with the Arkansas Dental Hygienists’ Association (ADHA) to sponsor this year’s spring event. ADHA is joining with ASDA to sponsor Dr. Uche Odiatu. A portion of proceeds will benefit ADHA and its work to represent the practice of dental hygiene in Arkansas.

1. All Meeting Pass (Pre-registered)............................................................................................................................................ ☐ $115 (on-site $145)

   Includes - Exhibit floor, Friday lunch, and all clinicians.

2. Hygiene Students/First Year Graduate (same as above)........................................................................................................... ☐ No fee

3. ASDA “President’s Luncheon” - Saturday awards ceremony in Marriott................................................................. ☐ $35

PLEASE MAKE CHECKS PAYABLE TO ASDA

TOTAL $ ____________________________

Check # __________

Credit cards also accepted: ☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Name as it appears on card ________________________________________________________________

Card number ____________________________ Exp. Date ________

Signature __________________________________ Verif. Code ______

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Or
FAX to 501-834-7657
Assistant/Staff/Spouse Registration

Use this form, or register online at www.arkansasdentistry.org

Name (Please print clearly) ____________________________________________________________

☐ Dental Assistant ☐ Staff/Clerical ☐ Spouse of member (Spouse of non-ADA member must pay staff registration)

Name of Primary Practice where you work ____________________________________________________________

Address __________________________________________________________________________________________

City __________________________________________________________

State ________ Zip__________ Phone _________________________ E-mail ______________________________________

1. Assistant/Staff/Clerical/Spouse of non-ADA member Registration ........................................... ☐ $95 (on-site $135)
   Includes - Exhibit floor, Friday lunch, and all clinicians.

2. ADA-Member Spouse Registration - Includes Exhibit Floor, Friday lunch ............................... ☐ NO FEE

TICKETED EVENTS:

3. ASDA “President’s Luncheon” - Saturday awards ceremony in Marriott................................. ☐ $35

PLEASE MAKE CHECKS PAYABLE TO ASDA

TOTAL $ ______________

Credit cards also accepted: ☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Name as it appears on card ________________________________________________________________

Card number ________________________________________________________________ Exp. Date __________

Signature ________________________________________________________________ Verif. Code _________

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