



April 2024

Together, the Ontario Dental Hygienists' Association (ODHA) and Philips are offering an extraordinary seminar from a leading expert to celebrate dental hygiene excellence in Ontario! Mark your calendar for this professional development event on:

Friday, June 7, 2024

Time: 7:30 a.m. – 12.00 p.m.

Check-in begins at 7:30 a.m.

Breakfast begins at 8:00 a.m.

Session begins at 9:00 a.m.

This exceptional half day of professional development is being held at **Bingemans in Kitchener**. This is a perfect venue to inspire learning with our outstanding presenter, who will entertain and energize you!

Dr. Uche Odiatu, DMD

Please join us! Registration fee is **\$59.00** plus HST and will be accepted on a **first come, first served basis**. **Please register before June 2nd to hold your seat. Our events fill quickly. Register only by calling ODHA at 1.800.315.6342.** Visa or MasterCard are accepted. **Registration is non-refundable and non-transferable.**

Participants will receive a hot breakfast served at 8:00 am.

This is an exclusive, invitation event with limited seating and **we will not accept registrations at the door**. Take this time to learn, relax and network with colleagues. We look forward to seeing you.

Bingemans Conference Centre
425 Bingemans Centre Drive
Kitchener, ON N2B 3X7
1.800.667.0833

[Venue | Bingemans Conference Centre](#)
[\(bingemans.com\)](#)

Check-in begins at 7:30 a.m.

Speaker and Course Information:

Course Title: The Secret Lives of Patients: Lifestyle Habits that Influence Healing

Course Description:

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 and evening feeding frenzies) in the car before they sit in our chair. There's irrefutable scientific evidence these habits can 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.

Learning Objectives:

1. Discover how eating habits can dial down or ramp inflammation and how it affects your treatment outcomes.
2. Learn why it's important to identify the sleep deprived patient (not just apnea) right away at the new patient exam.
3. Understand why your sedentary patients don't heal as well as your active living patients. ALERT 80% of your patients lead sedentary lives.
4. Gain greater insight into the relationship between chronic inflammation and disease.
5. Receive the latest science on gut health and the human microbiome.



Dr. Uche Odiatu, DMD is a professional member of the American College of Sports Medicine and a practising dentist in Toronto. This busy health-care professional is an NSCA Certified Personal Trainer, Certified Yoga Instructor, Certified Boot Camp Instructor and has given 700 plus lectures in England, Canada, the USA, the Bahamas, Denmark, Bermuda and Norway. Has been the invited guest in over 400 radio and TV shows from Alaska to Atlanta and from NYC to California. He won a 2023 Life Time Achievement award from The Global Dental Summit; 2023 dental speaker of the year from the state of New Orleans and a Denobi Award 2023 for his contribution to the industry. He was nominated for dental educator of the year by Dr. Bicuspid in 2024.