



Engaging  
Impactful  
Empowering

SPEAKER  
PACKET

Kathryn Gilliam, BA, RDH, FAAOSH

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# Medical Protocols for Periodontal Therapy



It's an exciting time to be a dental health professional as dentistry and dental hygiene are both growing as medical specialties. As our understanding of the many links between mouth and body has increased, our roles have expanded to awareness of and focus on the whole health of our patients.

Traditionally, the dental health care practitioners have not approached dental disease in the same way that medical doctors approach systemic disease. There is much to be gained by adopting certain medical strategies, such as performing risk assessment, seeking the root cause, employing laboratory testing, and utilizing wound care protocols into our routine dental care. We must unravel the complex interactions between host susceptibility, immune response, genetic associations, behavioral components, and disease control.

As knowledge of the oral-systemic connections has become widely understood and accepted, the next step is to integrate that knowledge into practice clinical protocols. It's time to elevate our identities as healthcare practitioners in this new age of integrated medicine and dentistry.

See dental practice through a new lens  
- that of an oral wellness specialist.

**Suggested Audience:** Dentist, Hygienist, and Team  
**Suggested Format:** Full or Partial Day Workshops



## Course Objectives

- Discover four tenants of medical management of periodontal disease: risk assessment, root cause, laboratory testing, and wound care
- Illuminate the significance and challenges of oral biofilm
- Explore leading edge practices to integrate medical protocols into dental routines efficiently and effectively.

“Kathryn does a great job of incorporating information that is accurate and useful in your everyday life. You will not be disappointed with Kathryn at the front of the room!” –Ryan D. Rutar, RDH BSDH, MA, President-Elect, Nebraska Dental Hygienist's Association Institute

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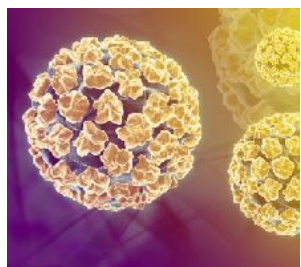
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# Hot Stuff: The Fire Within



Periodontal pathogens and inflammation have devastating effects on systemic health. Learn how dental professionals save lives by transitioning traditional dental practice to whole health care.

Periodontal disease contributes to many catastrophic systemic illnesses, such as diabetes, cardiovascular disease, Alzheimer's disease, and rheumatoid arthritis. Dental professionals can impact patient wellness by utilizing a medical model of care in the diagnosis and treatment of periodontal disease. Elevate the professional identity of your practice while increasing personal and professional satisfaction in your team! Create a wellness-centered practice with an informed team that inspires confidence in patients, improving both the overall quality of patient care and practice financial health.

In this comprehensive, fast-paced course, explore the science behind the oral-systemic connection and survey systemic diseases associated with periodontal disease. Identify how to integrate diagnostic testing into the practice, implement adjunctive therapies, and compare home hygiene options. In addition, examine medical conditions, such as diabetes and cancer, that affect dental treatment, and learn how to manage medically compromised patients.

**Suggested Audience:** Dentist, Hygienist, and Team  
**Suggested Format:** Full or Partial Day; or Two-Day Workshops



## Course Objectives

- Comprehend the role of keystone bacteria and inflammation in periodontal disease and its effect on systemic health
- Illuminate the significance and challenges of oral biofilm
- Discover how medical wound care protocols can be utilized in the treatment of periodontal disease
- Recognize systemic health problems within the dental maintenance appointment
- Explore leading-edge techniques and technologies to enhance periodontal treatment
- Gain the screening tools used to determine the extent of periodontal infection and genetic risk
- Elevate communication skills to educate and engage patients in their health choices and treatment considerations

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# Three Minutes to Save a Life



Yesterday's protocols don't work for today's oral cancer. Rates of head and neck cancers continue to increase at an alarming rate while other cancers are significantly declining. One reason for the increase is the escalation in transmission of the Human Papilloma Virus (HPV).

HPV has become a significant factor in the upturn of oral and oropharyngeal cancer. HPV-positive cancers have a different presentation than HPV-negative cancers, and therefore require different screening protocols which will be illuminated in this course.

Dental professionals understand the importance of early detection, but many lack confidence in knowing what to look for and what to do if they find a suspicious lesion. Acquire a step-by-step protocol for extra-oral, intra-oral and upper oropharyngeal cancer examination procedures, as well as an exact plan to follow should a suspicious lesion be detected.

You will come away from this hands-on workshop with the tools, the confidence, and the motivation to perform this essential examination, to set your practice apart, and to save lives.

See dental practice through a new lens  
- that of an oral wellness specialist.

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**Suggested Format:** Full or Partial Day Workshops



## Course Objectives

- Acknowledge the importance of early oral cancer detection and develop a philosophy of care
- Highlight risk factors including alcohol, tobacco, and HPV
- Review available early detection devices
- Master extra- and intra-oral examination techniques
- Explain the screening process and skillfully verbalize your findings with the patient
- Identify and utilize the correct terminology to accurately describe lesions
- Discuss cytology, biopsy, referral, and follow-up protocols
- Gain techniques for the management of the side effects and oral manifestations of chemotherapy and radiation

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# The Celiac Surge: Oral Signs of a New Epidemic



At least 3 million Americans are living with celiac disease - and 97% of them are undiagnosed. Silent damage to health could be occurring with every meal. Dental practitioners can improve patients' quality of life and longevity by recognizing oral signs of this devastating disease.

Celiac disease is a serious autoimmune disorder in which the immune system of genetically predisposed people mounts an attack in response to gluten, a protein found in grains and products made from grains such as processed foods, medicines, and cosmetics. This immune system response results in destruction that can affect multiple body systems.

Left untreated, celiac disease can result in serious systemic complications by injuring the small intestine and reducing its ability to absorb nutrients. In time, the damage may escalate to skin rashes, lactose intolerance, infertility, bone weakness, and nerve damage.

Recognition of the oral manifestations of celiac disease may be the key to discovering this devastating disease in patients whose symptoms are less evident. In this course you will become familiar with the various signs and symptoms that may be pointing to this serious systemic illness. Helping patients understand that they may have gluten-related disorders could be the key to a lifetime of improved health.

**Suggested Audience:** Dentist, Hygienist, and Team  
**Suggested Format:** Full or Partial Day Workshops



## Course Objectives

- Discover the cause, extent, and consequences of celiac disease
- Identify sources of gluten and how gluten affects sensitive individuals
- Distinguish other possible causes of gluten sensitivity
- Recognize the oral manifestations of celiac disease

“Kathryn presents advanced concepts with expertise and she makes complex ideas clear and easy to understand. I highly recommend her courses.”

—Patty Sooy, Director of Coaching,  
Business Development Coach, Productive  
Dental Academy

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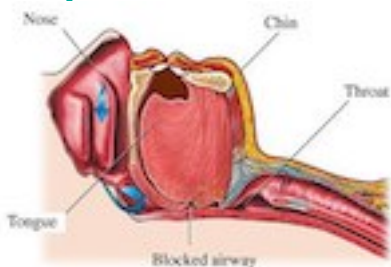
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# Breathless: Oral Signs of a Silent Epidemic



It is estimated that approximately 23 million adults in the United States have undiagnosed or untreated moderate to severe obstructive sleep apnea.

Breathing is the most essential function of our bodies. Without oxygen, we cannot survive. Yet until recently, breathing was not considered a part of dentistry's scope of practice. With new scientific discoveries we are learning about the critical role of the form and function of oral structures in sleep-disordered breathing.

In October 2017, the American Dental Association (ADA) released a policy statement addressing dentistry's role in sleep-related disorders encouraging dental professionals to screen their patients for obstructive sleep apnea and upper airway resistance syndrome; advocates working with medical colleagues; and emphasizes the effectiveness of intraoral appliance therapy for treating patients with mild to moderate obstructive sleep apnea and CPAP-intolerant patients with severe obstructive sleep apnea. Screening for and treating sleep-related breathing disorders has become the newest focus of integrated dental practice. Breathe life into your patients with an airway centered practice.

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- that of an oral wellness specialist.

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## Course Objectives

- Identify various types of sleep-disordered breathing
- Describe effective screening process for identifying sleep-disordered breathing
- Appraise the risks of undiagnosed and untreated sleep-disordered breathing
- Recognize the signs and symptoms for sleep-disordered breathing in children and adults
- Distinguish the treatment options available for sleep-disordered breathing

“ I’ve worked with hundreds of dental speakers over the past 20 years. Kathryn is a rare gem. If you have the opportunity to include Kathryn Gilliam on your program, do it! You’ll be thrilled that you did.”

—Vanessa Emerson, Founder Dental Speakers Bureau, Founder Dental Speaker

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# Meet Kathryn



A clinical dental hygienist, consultant, author, and educator, Kathryn is an exuberant and dynamic speaker with an engaging presentation style that reflects her love for patient care. Kathryn is passionate about empowering dental professionals to elevate their practice standards and enhance their patient connections and trust.

Kathryn's impactful continuing education courses leave her attendees with a clear path to professional transformation, enhanced career satisfaction, and proven, lucrative systems. Kathryn's content is based on the most current scientific research and is rich in real-life, easily implemented practical protocols. She lectures on compelling topics and creates inspirational and well-received presentations for study clubs, and state and local dental associations.

Kathryn's thirty years of clinical experience and practice coaching have provided her with the experience and ingenuity to guide teams to exceed patient expectations and propel them to maximize growth and prosperity. Kathryn has the expertise to teach dental professionals to master effective communication skills that inspire patient confidence, increase treatment acceptance, and maximize productivity.

Kathryn's interest in the medical side of dentistry led her to years of advanced study into the oral-systemic link, including graduating from the prestigious Bale Doneen Preceptorship and earning her Fellowship in the American Academy for Oral-Systemic Health.

Kathryn is a graduate of the Lioness Principle Advanced Transformational Trainer and Inspirational Speaker programs. Her articles and continuing education courses have been published in numerous professional journals.

Contact Kathryn to customize a presentation for your next meeting!



“Kathryn is one of the most enthusiastic and caring educators and should be at every major dental meeting!”

“The presentation was full of meaningful, practical content.”

“I feel inspired to transform my practice and my patients' health.”

[Click here for a sneak peak!](#)

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# What's Being Said About Kathryn's Programs

*"Inspiring...Engaging...So many pearls..."*



*"Kathryn has a thorough grasp of the critical role oral health plays in arterial wellness. Her presentations illuminate the link between periodontal disease and arterial inflammation, as well as how inflammation can be extinguished by managing and eradicating periodontal disease."* —**Bradley F. Bale, M.D.**, Cofounder of the Bale/Doneen Method, Medical Director, Heart Health Program Grace Clinic, Adjunct Professor School of Nursing, Texas Tech Health Sciences Center

*"It is my honor to recommend Kathryn Gilliam for speaking and consulting services. Kathryn possesses a robust range of dental knowledge and experience and is deeply committed to making a difference in the health of our patients and our practices. Her command of the oral systemic science and her ability to express herself in a professional manner is exemplary. She is a polished speaker with content that is timely and inspiring."* —**Lisa Marie Samaha, DDS, FAGD**; Founder and Instructor PerioPassion Dental Seminars / Perio Arts Institute

*"Kathryn Gilliam is a truly remarkable hygiene clinician, industry leader, and inspiring speaker! She is passionate and knowledgeable about the oral systemic link, its effect on patient's lives, and our ability to influence patient's health and well-being. One of the best speakers I've heard on this topic!"* —**Katherine Eitel Belt**; Speaker, Consultant, Author

*"Kathryn Gilliam is the ultimate expert on oral cancer and how to help oral cancer patients. Her expertise and passion are evident in her presentations. She is fun and easy to work with. If oral cancer is your topic of interest, Kathryn is your only choice for a top speaker."*  
—**Janet Hagerman**; Speaker, Author, Coach



*"Kathryn is passionate and knowledgeable about oral health care and she is at the forefront of the oral- systemic movement. Her presentation was informative and entertaining. Our organization will happily invite Kathryn back again and again."*  
—**Jessica Smith, RDH, BS**; Vice President, Greater Baton Rouge Dental Hygienist Association

*"I just wanted to thank you...in 2018 I attended your course at the Oregon dental conference about oral cancer screening. I'll admit since graduating from dental hygiene school I had not been the greatest at doing my cancer screenings. Your course reminded me just how important it is. I made it a point to provide this service for every patient since listening to your lecture. In October I found a swollen lymph node in the neck of one of my patients. I asked him to see his MD if it didn't go away within 2 weeks. Today I discovered he listened and undoubtedly he has cancer. As sad as that is I'm grateful that I was able to help him find it sooner. Thanks for reigniting my commitment to my patients with oral cancer screenings!"* —  
**Kayleigh Trombly-Krall, RDH**

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