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Lets face it: Recognizing facial & oral deficiencies from the neck up

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Have you looked at someone and thought they could be deficient? This course will demonstrate how we can recognize deficiencies in sleep, vitamins, minerals, oxygen, and water by looking at the neck, face, and oral cavity. The face tells a story of how well our airway is currently and while it was developing during childhood, our current dietary choices and deficiencies, how well we sleep today, and if we are deficient in obtaining optimal water intake. Many factors are associated with a patient's overall health, and recognizing the facial and oral signs of deficiencies is paramount in helping patients achieve overall health.

Learning Objectives:

- Learn about the various causes and risk factors associated with facial and oral deficiencies as it relates to oral-systemic health.
- Understand the role of interdisciplinary collaboration among healthcare professionals in treating facial and oral deficiencies.
- Discover preventive measures and oral hygiene practices to minimize the risk of facial and oral deficiencies.
- Assess the dental patient for airway issues that could affect a person's life span.

Recent Publications:

1. Brodsky, L. (1989). Modern Assessment of Tonsils and Adenoids. *Pediatric Clinics of North America*, 36(6), 1551-1569.
2. APA Dictionary of Psychology: Orthorexia Nervosa (no date) American Psychological Association.
3. Botelho, J., Machado, V., Proença, L., Delgado, A. S., & Mendes, J. J. (2020). Vitamin D Deficiency and Oral Health: A Comprehensive Review. *Nutrients*, 12(5), 1471.

Biography

Lacy Walker is a registered dental hygienist, speaker, writer, and Owner of Shared Hygiene, LLC, with 25 years of experience in the dental field working in cosmetic, DSO, periodontal, and Psychiatric hospitals. She is the CE Director for A Tale of Two Hygienists podcast, a Fellow with the American Academy of Oral Systemic Health (AAOSH), an approved provider of continuing education, and the Public Relations Chair for the American Academy of Dental Hygiene (AADH), and one of the founding members of RDH Connect. She is a Certified Oral-Systemic Educator and is published in RDH Magazine, Dental Academy of Continuing Education, dr bicuspid, and rdh connect.

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