

CONTINUING DENTAL EDUCATION

School of Dentistry
University of Minnesota

Women's Health for the Dental Team

*Friday
February 29, 2008*

Prom Center
Oakdale, Minnesota

- 8:55 Welcome and Introduction ***Ms. Christine Blue***
Director
Division of Dental Hygiene
- 9:00 **Maintaining Health for a Lifetime: Part I** ***Tieraona Low Dog, M.D.***
Role of nutrition in maintaining optimal health
Prevention and early detection of breast cancer
Lifestyle interventions for weight management and prevention of metabolic syndrome
Overview of conventional and complementary approaches for managing insomnia, premenstrual syndrome and stress related complaints
- 10:30 Refreshment break
- 10:45 **Managing Health for a Lifetime: Part II** ***Dr. Low Dog***
Role of dietary supplements in health
Differentiating good quality from poor quality supplements
Overview of conventional and alternative approaches to managing menopausal symptoms
Strategies for healthy aging
- 11:45 *Questions and answers* ***Dr. Low Dog***
- 12:00 Luncheon (included)
- 1:00 **Cardiovascular Disease in Women** ***Dr. Barbara Steinberg***
Risk factors
Prevention
Treatment
- 2:15 Refreshment break

