

Ellen Karlin, MMSC, RDN, LDN, FADA

Food for Thought: Dental and Nutrition Collaborative

Ellen Karlin is a nutrition consultant specializing in nutrition, food allergy and dental health. She was a nutrition consultant to dental healthcare professionals in Owings Mills, Maryland and a nutrition consultant at the Comprehensive Asthma and Allergy Center for over 30 years. Ellen holds a Master of Medical Science degree in nutrition education from Emory University. She is a fellow of the American Dietetic Association, a spokesperson for the American Dairy Association North East and a nationally recognized speaker. She has delivered numerous webinars and nutrition lectures at healthcare conferences. She was the co-author of “Dental and Oral Considerations in Pediatric Celiac Disease” published in the Journal of Dentistry for Children. Ellen has contributed to a variety of other resources, including “Trendy Diets and Oral Health” published in Access Journal, December, 2019.

Description of Presentation:

This program will cover the bi-directional relationship between diet and oral health. Emerging science has identified several key nutritional components which are essential for oral and systemic health. Nutritional counseling in the dental office provides dental patients with the critical information they need to maintain healthy teeth and gums and prevent chronic diseases. This program will share the evidence-based research surrounding individualized nutritional guidance to dental patients across the entire lifespan. This course will present a comprehensive program for incorporating nutritional screening and counseling from a registered dietitian, into existing dental practices. Attendees will learn the irrefutable scientific evidence surrounding the impact of decreasing added sugar on the oral cavity and its impact on dental treatment outcomes. Discover chair-side confidence needed to engage in the process of nutritional counseling to dental patients.

Learning Objectives:

1. Gain greater insight into the bi-directional interrelationship between nutritional status and oral health, supporting a better response to dental intervention
2. Learn about the emerging body of science supporting the association of healthy eating patterns and food synergy to help prevent oral infectious diseases throughout the life cycle
3. Discuss the role of the registered dietitian in the dental health care setting to promote optimal oral health