



Module 1: Mastering Oral Health Holistic Health, Redefining Stress to Comprehensive Oral Exams

1. Introduction and Overview: 00:00:07 – 00:05:00
 - Introduction by Dr. Ron Ehrlich
 - Overview of the course and its objectives
2. Oral Health and Systemic Connections: 00:05:01 – 00:15:00
 - Importance of oral health in overall health
 - Connections between oral health and systemic diseases
 - Discuss the lack of understanding of oral health among medical professionals and the connection between oral and general health.
3. Holistic Health Approach: 00:15:01 – 00:25:00
 - Explanation of Holistic Dentistry
 - Introduction to establishing your 'health quotient' (HQ)
4. Stress and Health: 00:25:01 – 00:35:00
 - Discussion on various stressors affecting health
 - Emotional, environmental, postural, nutritional and dental stress
5. Oral Cancer and Screening: 00:35:01 – 00:45:00
 - Importance of oral cancer screening
 - Case studies and risk factors
6. Dental Stress and Systemic Health: 00:45:01 – 00:55:00
 - Impact of dental stress on systemic health
 - Chronic inflammation and its role in diseases



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7. Comprehensive Oral Examination: 00:55:01 – 01:05:00

- Components of a comprehensive oral exam
- A detailed explanation of what a comprehensive oral exam involves, including medical history, oral cancer screening, and assessment of gums, teeth, and temporomandibular joints.
- Relevance of medical history and clinical exams

8. Diagnostic Tools and Techniques: 01:05:01 – 01:15:00

- Use of digital X-rays and 3D imaging
- Importance of high-definition photos

9. Practice Philosophy and Patient-Centred Care: 01:15:01 – 01:25:00

- Philosophy of patient-centred dental & health practice
- Importance of holistic and comprehensive care

10. Conclusion and Next Steps: 01:25:01 – 01:29:00

- Summary of key points
- Invitation for further engagement and learning