

**Dental Postgraduate Department**

**Nutrition Workshop for the Dental Team  
Woodlands Castle  
Ruishton Lane  
Taunton TA3 5LU**

**Friday 20 March 2020**

**Course Facilitator  
Juliette Reeves**

**Programme**

09.30	Refreshments and Registration
09.45	Welcome address      Michael Wheeler
09.50	Nutrition and biochemistry revision relevant to chronic inflammation and periodontal disease
11.15	Refreshments
11.30	Nutrition and oral health – a review of the latest research and emerging evidence
12.45	Lunch
13.30	Nutrition and periodontal disease - case studies
14.45	Refreshments
15.00	Review, interactive self-assessment quiz and discussion
16.30	Close

Woodland castle is situated 2 minutes from Junction 25 of the M5, just off the A358 towards Ilminster / Yeovil. It has extensive free parking and wifi access.

## **Dental Postgraduate Department**

### **Learning objectives:**

- Understand the principals of a healthy diet
- Identify dietary practice`s that exacerbate chronic inflammation
- Define the evidence base for dietary advice with respect to chronic inflammation with a specific focus on the periodontal tissues

### **GDC development outcome: C**

The eGDC activity log suggests reflecting on the following during and after this course:

- What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?
- If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?
- What was the benefit to your work and/or your patients in carrying out this activity?