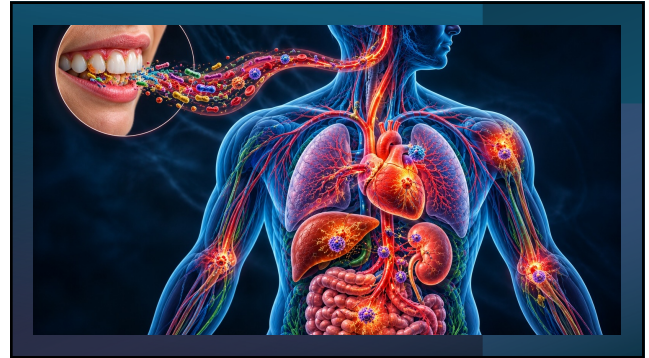


SMALL STEPS TO GENERATE GIANT OUTCOMES

Karen Davis, RDH, BSDH
Karen@karendavis.net

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4

What area of health and wellness
do you find really challenging?

- Quality Sleep
- Reducing Anxiety and Worry
- Sugar Addiction
- Alcohol Consumption
- Sustainable Exercise
- Daily Oral Hygiene Habits

5

WHO defines a healthy lifestyle as “a way of living that
reduces the risk of being seriously ill or dying early”

*Lack of a healthy lifestyle increases the risk of being
seriously ill or dying early?*

HOW?

World Health Organization, What is a healthy lifestyle? EUR/ICPL/VNG 01 07 02. E66134, WHO
Regional Office for Europe, Copenhagen, 1999.

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My small step HERO...
Heather McGuire

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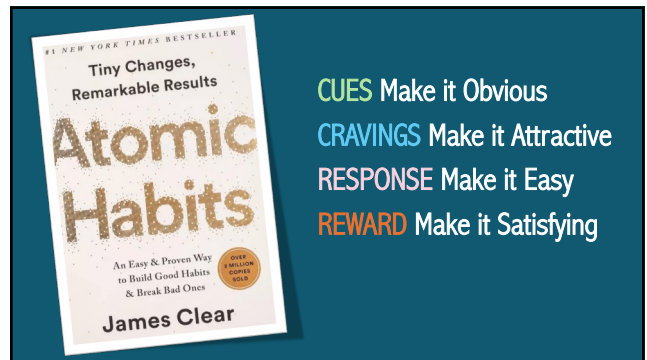
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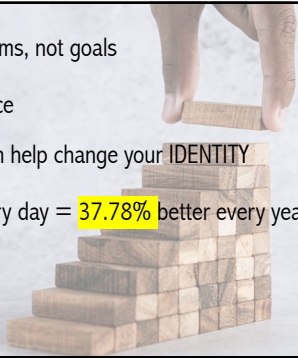
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Focus on systems, not goals

Never miss twice

Small steps can help change your IDENTITY

1% better every day = 37.78% better every year



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Behavior change:
"I want to improve
my sleep
because I seldom
feel rested"



18

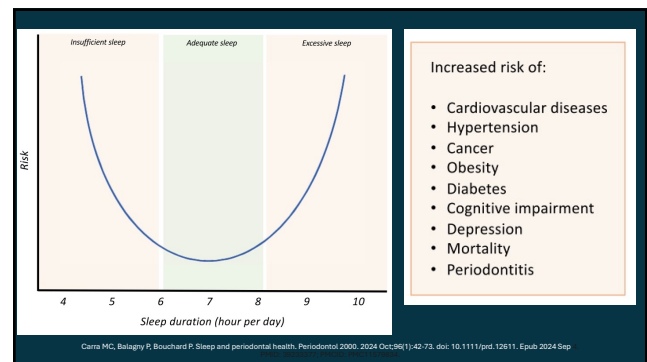
1/3 of LIFE SLEEPING

DURATION & QUALITY: immune system, glucose regulation, lipid metabolism, appetite regulation, cortisol levels, melatonin, growth hormone, cognitive function, CV regulation,

DISTURBANCES INCREASE: IL-6, TNF, CRP, risk of heart attack, stroke, obesity, diabetes, cognitive impairment, neurodegenerative disorders, metabolic disorders, depression, cancer & mortality

Cardio MC, Ballegró P, Bouchard P. Sleep and periodontal health. Periodontol 2000. 2024 Oct;36(1):42-73. doi: 10.1111/jpr.12611. Epub 2024 Sep 4. PMID: 39233377; PMCID: PMC11578834.

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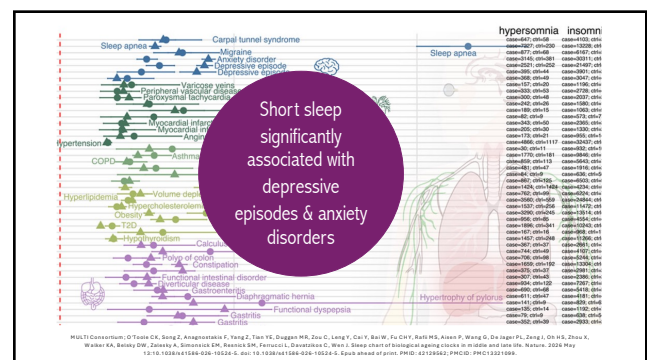


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Both short and long sleep durations are strongly linked to increased mortality and over 150 diseases. These illnesses span cardiovascular, metabolic, psychiatric, and neurological systems, with short sleep showing the most widespread negative impacts

MULTI Consortium. O'Toole CK, Bang Z, Angelantonio F, Yang Z, Tan YE, Duggan MR, Zou C, Leng Y, Cai Y, Bai W, Fu CHY, Ratti MS, Aiken P, Wang Q, De Jager PL, Zeng L, Oh HS, Zhou X, Walker KA, Barley DW, Zaretsky A, Sennock DM, Beckwith SM, Ferrucci L, Desautels C, Wain L. Sleep chart of biological ageing clocks in middle and late life. Nature. 2024 May 15;731:1028-1034. doi: 10.1038/s41586-024-10224-8. Epub ahead of print. PMID: 41293502; PMCID: PMC11321084.

21



22

STOP-Bang Sleep Apnea Screening Questionnaire

1. S SNORING? (Loud snoring heard by others)		Loud Snoring!	Yes
2. T TIRED? (Frequently tired, fatigued, or sleepy during the day)		Daytime Fatigue	Yes
3. O BERVED? (Observed stopping breathing during sleep)		Observed Stopped Breathing	Yes
5. P PRESSURE? (High blood pressure/treated for hypertension)		BMI > 35	Yes
6. A GE? (Age > 50 years)		Age > 50	Yes
7. N ECK CIRCUMFERENCE? Large neck circumference: Male > 17"/43cm, Female > 16"/40cm		Neck > 17in / 43cm	Yes
8. G ENDER? (Male)		Yes	Yes

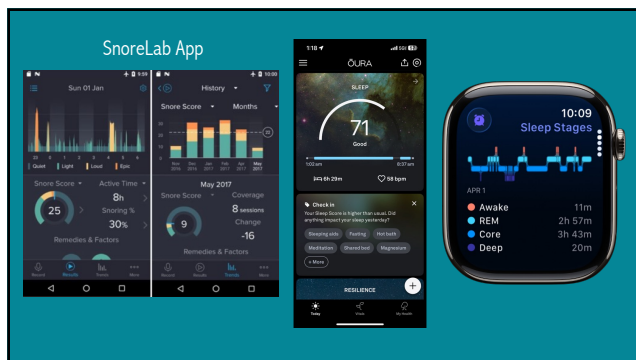
Scoring (Yes to 3 or more items = High Risk)

High Risk of OSA

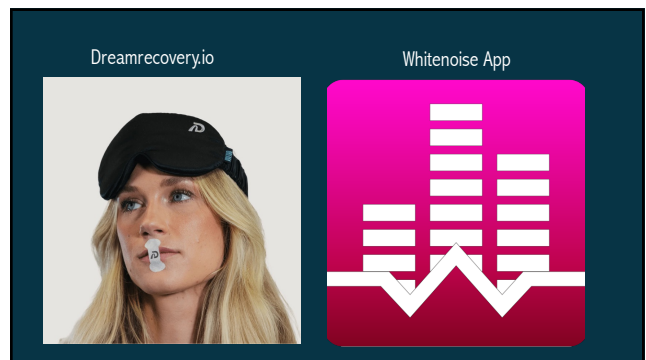
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Small Steps...

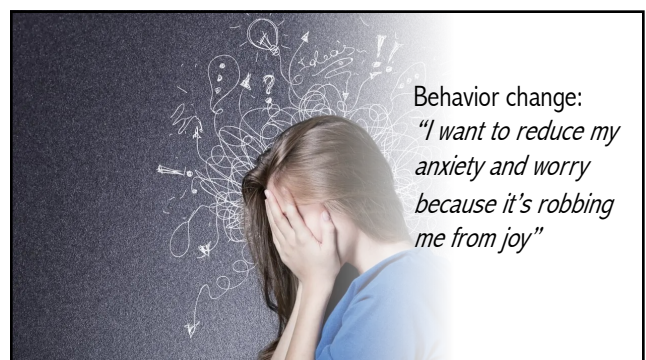
Today I will download the SnoreLabs app and monitor my sleep tonight

Starting today, I will pay attention to end all caffeine intake by 1pm

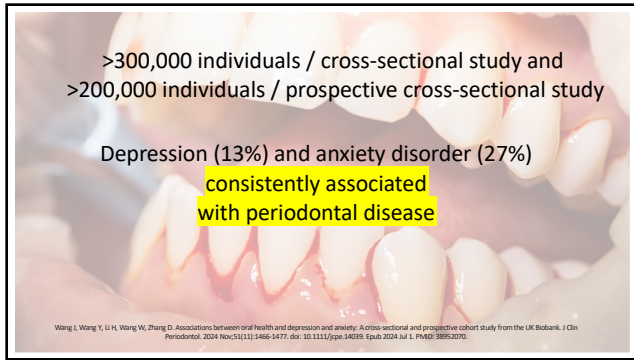
After I set my alarm at night I will put on a sleep mask (and apply mouth tape)

3 days/wk will be in bed by 11pm to obtain 7 hours rest

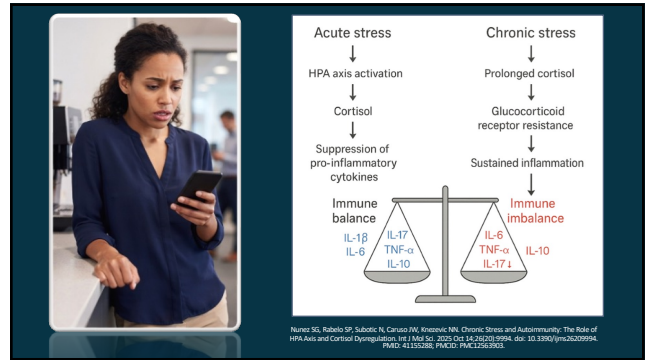
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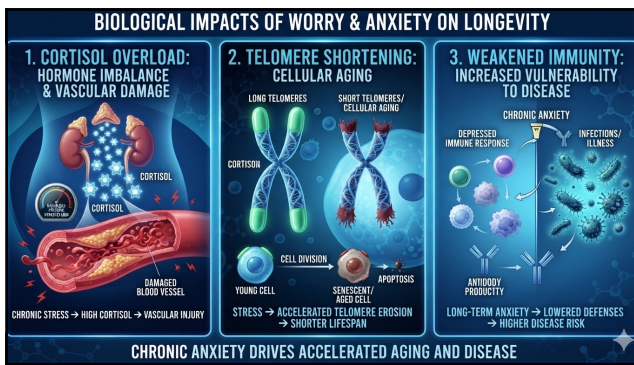
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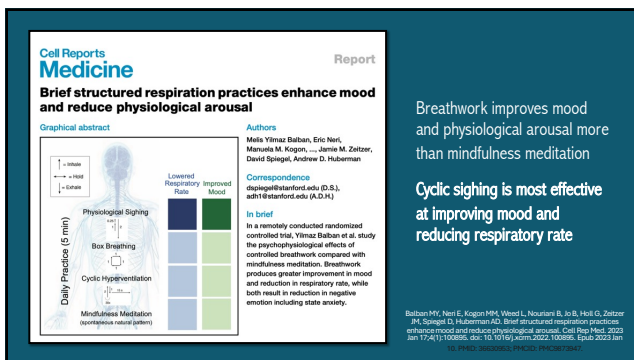
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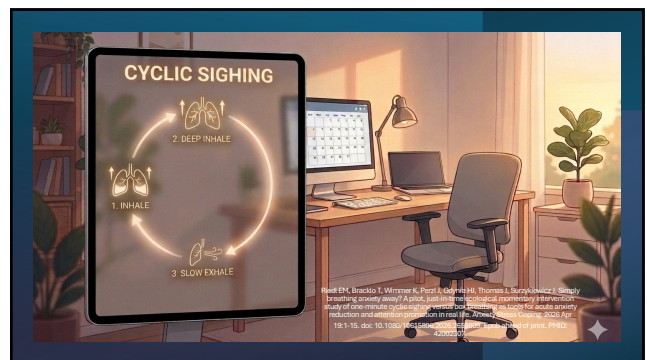
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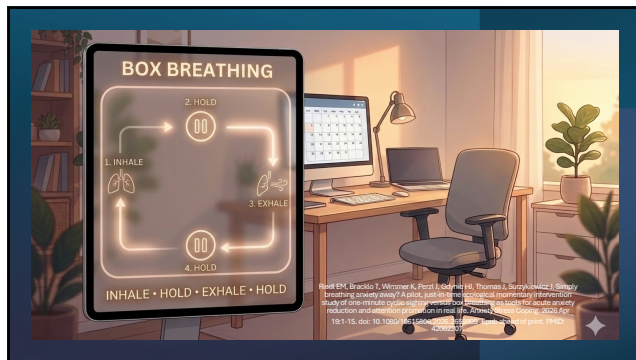
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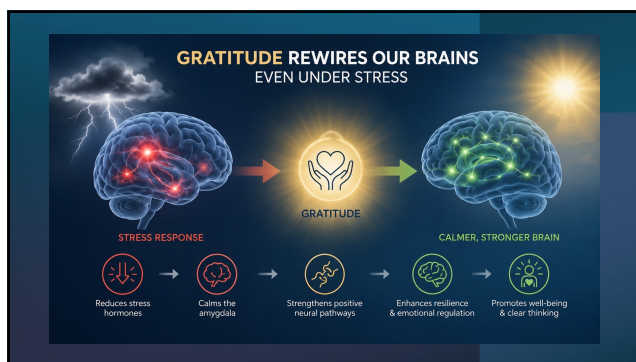
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37

The effects of gratitude interventions: a systematic review and meta-analysis

Acts of gratitude can be used as a therapeutic complement for treating anxiety

64 RCT - Gratitude Interventions:

- 4% higher scores of feelings of gratitude
- 6.86% higher scores of greater satisfaction with life
- 5.8% better mental health assessments
- 7.76% lower anxiety scores
- 6.89% lower depression scores

Davis G, Korkes L, Tristão LS, Pelagino R, Bellodi PL, Bernardo VM. The effects of gratitude interventions: a systematic review and meta-analysis. *Einstein (São Paulo)*. 2023 Aug; 13(2):e020271. doi: 10.31744/einsteinjournal.2023.020271. PMID: 37588884

38



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Small Steps...

When I turn the ignition on in my car, I will practice cyclic breathing for ~2 minutes

Before I seat my patient, I will practice box breathing for for 20 seconds

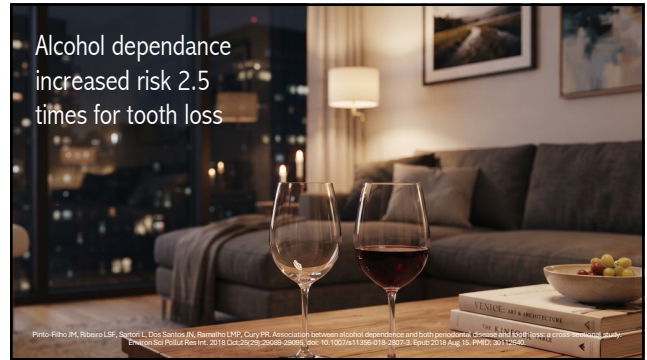
Before I walk in the door from work, I will identify something I am grateful for that took place at work

I will place my gratefulness journal near the coffee pot and record what I am grateful for while brewing coffee

40



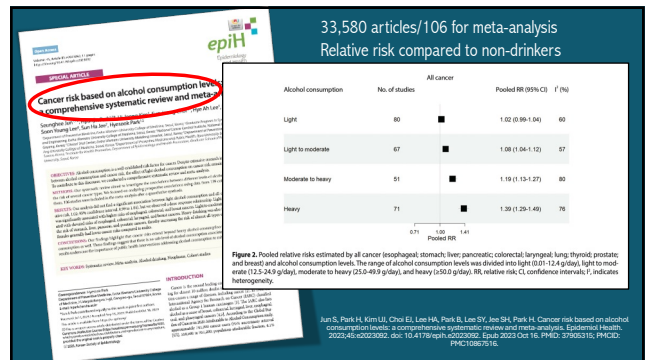
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Mitigate Risks to Liver

With the global increase in alcohol consumption, the incidence of alcohol-associated liver disease (AALD) is rising significantly. However, most of the studies on AALD are cross-sectional, and the evidence for the relationship between drinking patterns and AALD is limited. This review aims to provide a comprehensive overview of the current evidence on the relationship between drinking patterns and AALD, and to identify the key factors that influence the risk of AALD.

1. Slow drinking pace
2. Reduce frequency
"Liver holiday" 2+ times/wk
3. Wine vs. distilled spirits
(limit to 4-5 glasses/wk)
4. Consume alcohol w meals
5. Shorter lifetime duration

45

Real Stories. Real Recovery. Real Hope.

Amazing Stories. Inspiring Lives. Living the Sober Life Together.

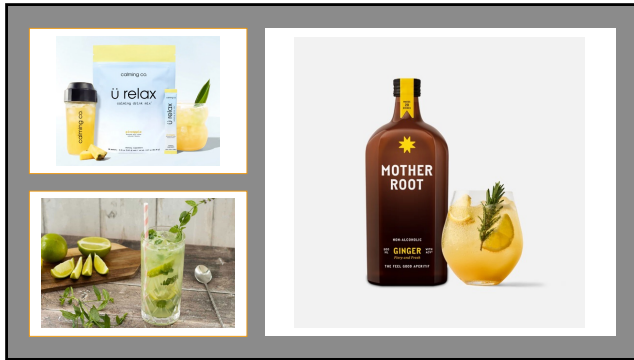
YouTube <https://soberliferocks.com>

Sober Life Rocks Podcast Episode 69

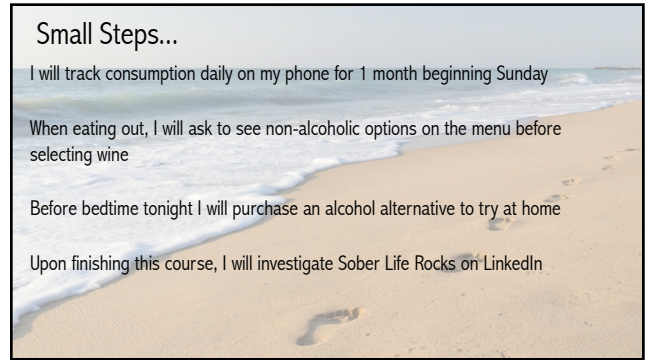
Margy Schaller Heather McGuire

HOW SHOULD WE TALK ABOUT ALCOHOL AT WORK?

46



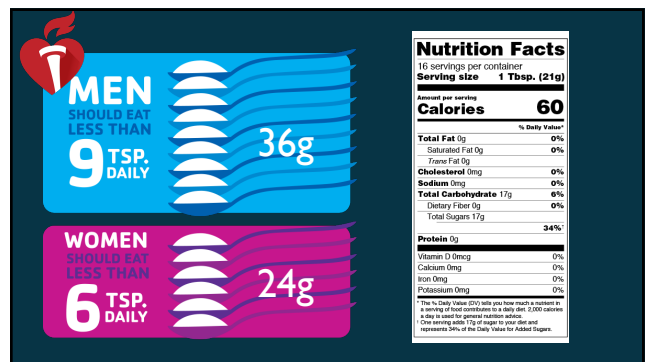
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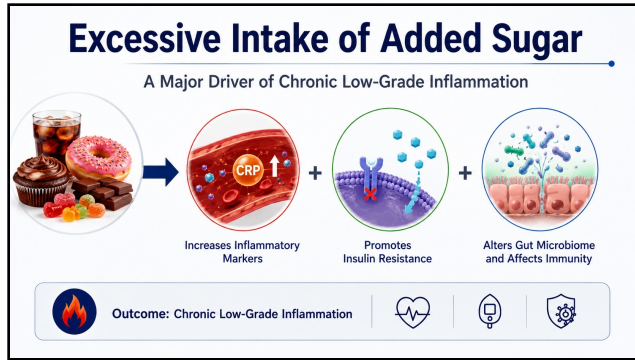
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Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement From the American Heart Association

William B. Vos, Jill L. Kizer, Jean A. Welsh, Linda V. Van Horn, Daniel I. Feig, Cheryl A. M. Anderson, Mahesh J. Patel, Jessica Cruz Munoz, Nancy F. Krebs, Shana A. Karimkhani, Rachel K. Johnson, American Heart Association Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health, Council on Clinical Cardiology, Council on Cardiovascular Disease in the Young, Council on Cardiovascular and Stroke Nursing, Council on Epidemiology and Prevention, Council on Functional Genomics and Translational Biology, and Council on Hypertension

PMID: 37550294 PMCID: PMC10383371 DOI: 10.1161/CIRC.0000000000000439

Free PMC article

Abstract

Background: Poor lifestyle behaviors are leading causes of preventable diseases globally. Added sugars contribute to a diet that is energy dense but nutrient poor and increase risk of developing obesity, cardiovascular disease, hypertension, obesity-related cancers, and dental caries.

Methods and results: For this American Heart Association scientific statement, the writing group reviewed and graded the current scientific evidence for studies examining the cardiovascular health effects of added sugars on children. The available literature was subdivided into 5 broad subareas: effects on blood pressure, lipids, insulin resistance and diabetes mellitus, nonalcoholic fatty liver disease, and obesity.

Conclusions: Associations between added sugars and increased cardiovascular disease risk factors among US children are present at levels far below current consumption levels. Strong evidence supports the association of added sugars with increased cardiovascular disease risk in children through increased energy intake, increased adiposity, and dyslipidemia. The committee found that it is reasonable to recommend that children consume <25 g (5 tsp) or <6 teaspoons of added sugars per day and to avoid added sugars for children <2 years of age. Although added sugars most likely can be safely consumed in low amounts as part of a healthy diet, few children achieve such levels, making this an important public health target.

Vos WB, Kizer JL, Welsh JA, et al. Added sugars and cardiovascular disease risk in children: A scientific statement from the American Heart Association. *Circulation*. 2021;143(19):e1017–e1034. Published online 2018 Aug 22. doi: 10.1161/CIRC.0000000000000439. Accessed August 3, 2020

“Strong evidence supports the association of added sugars with increased cardiovascular disease risk **in children** through increased energy intake, increased adiposity and dyslipidemia.”

AVOID added sugars < 2 years of age

54



55

Dietary Guidelines For Americans 2025 - 2030

USDA

“No amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet”

“No one meal should contain more than **10 grams** of added sugars”

“Children should **avoid added sugars until age 10**”

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Systematic Review

Impact of unhealthy food and beverage consumption on children's risk of dental caries: a systematic review

James J. Larmann, PhD, Clara S. Haddad, PhD, Rebecca P. Haddad, PhD, George S. Haddad, PhD

Abstract: The purpose of this systematic review was to assess the impact of unhealthy food and beverage consumption on the risk of dental caries in children. The review included studies published between 1980 and 2020 that met the following criteria: (1) included children aged 0-10 years; (2) assessed the impact of unhealthy food and beverage consumption on dental caries; (3) used a validated measure of dental caries; and (4) provided a measure of effect size. The review found that unhealthy food and beverage consumption was associated with an increased risk of dental caries in children. The risk was highest for children who consumed sugary drinks and ate high-sugar snacks. The risk was also higher for children who consumed unhealthy food and beverage combinations. The review also found that unhealthy food and beverage consumption was associated with an increased frequency of sugary intake and intake at night.

Almost all studies reviewed (n=34) reported positive associations between the consumption of sugar-sweetened beverages or foods high in free sugars and dental caries in children <10 years of age

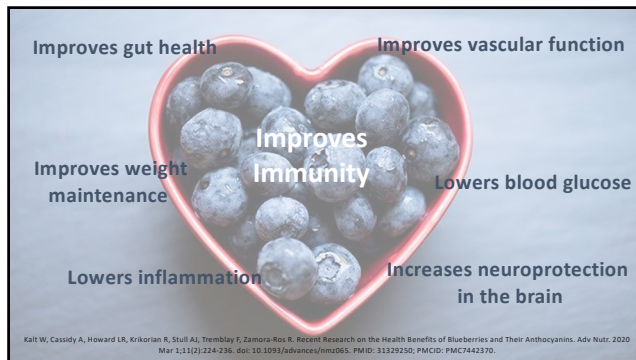
High correlations with **increased frequency** of sugary intake and **intake at night**

Large JP, Madigan C, Prochelles R, Markey O, Bower B, Rousham EK. Impact of unhealthy food and beverage consumption on children's risk of dental caries: a systematic review. *Nutr Rev*. 2024 Nov 15;82(11):1528–1536. doi: 10.1093/nutriv/ndae047. PMID: 38986176; PMCID: PMC11488138.

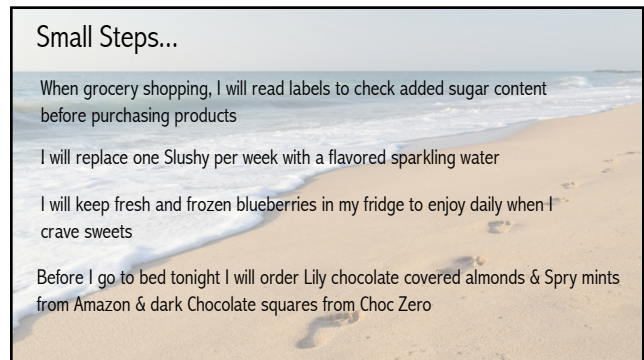
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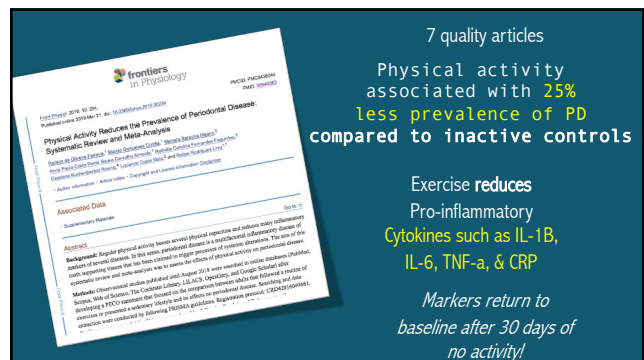
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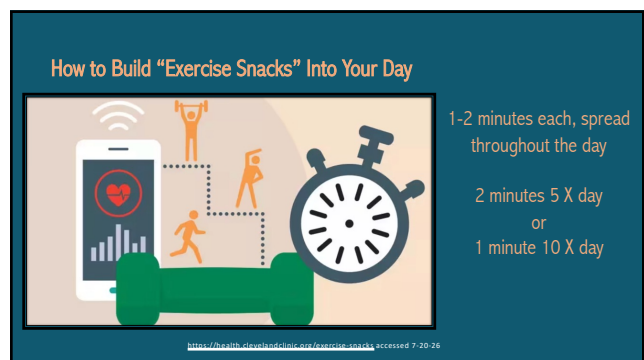
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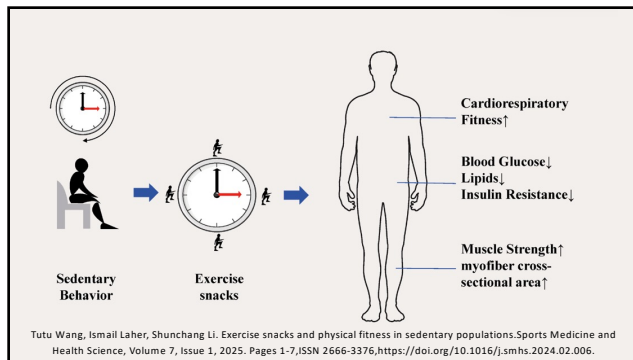
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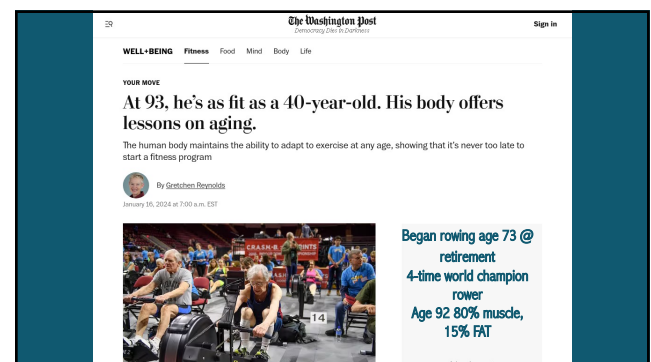
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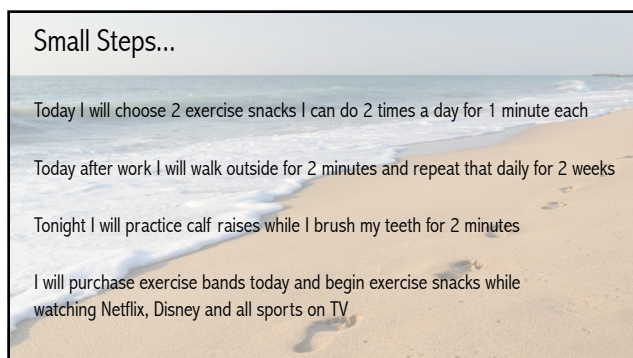
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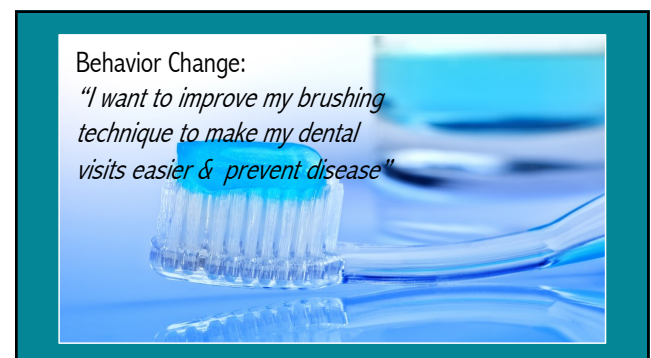
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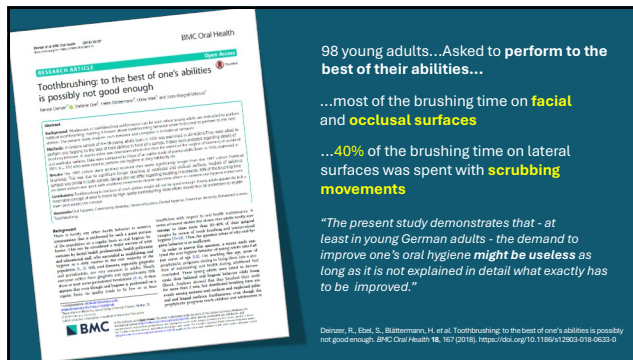
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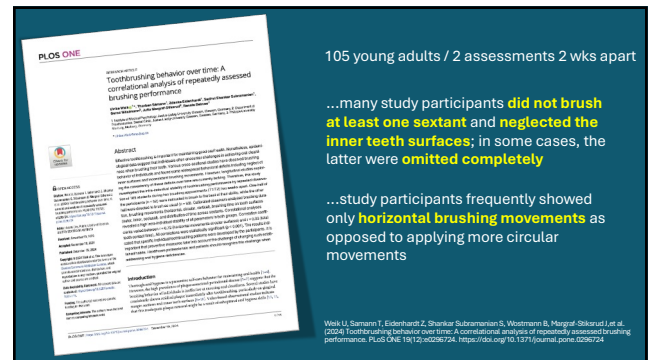
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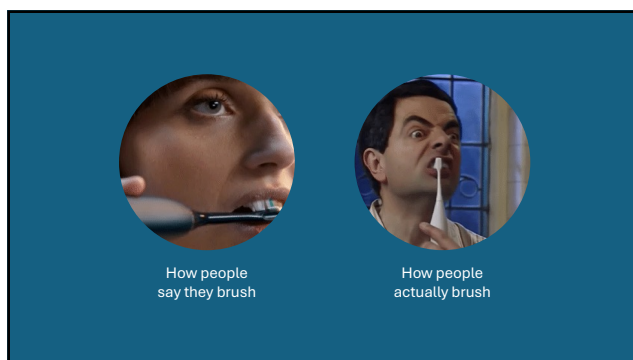
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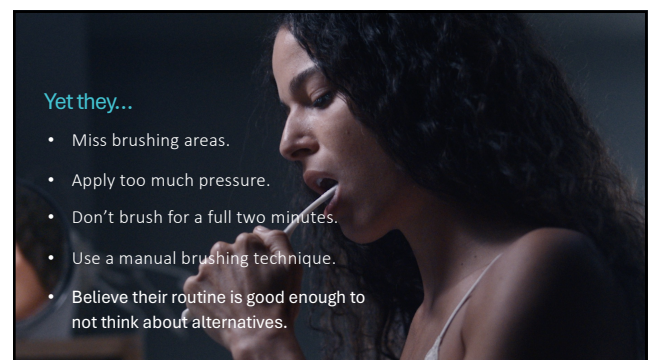
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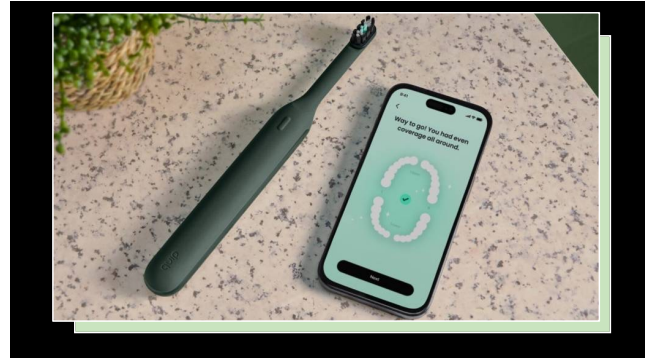
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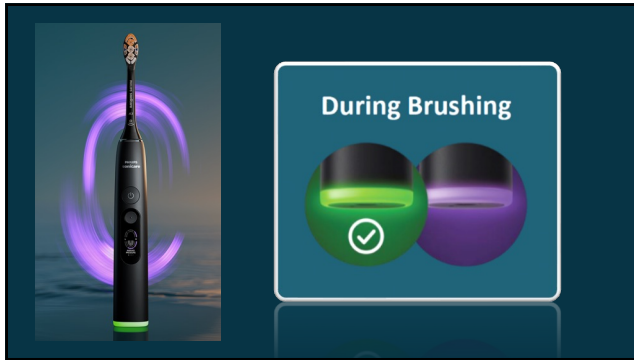
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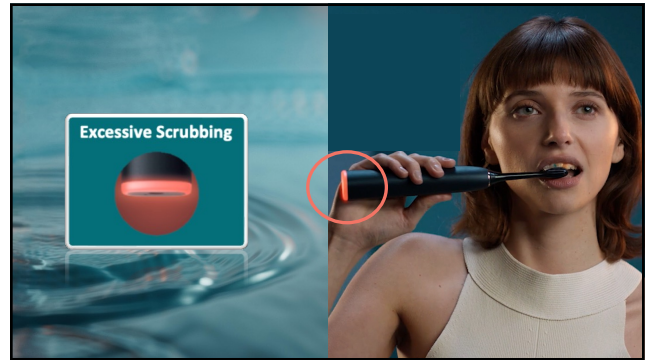
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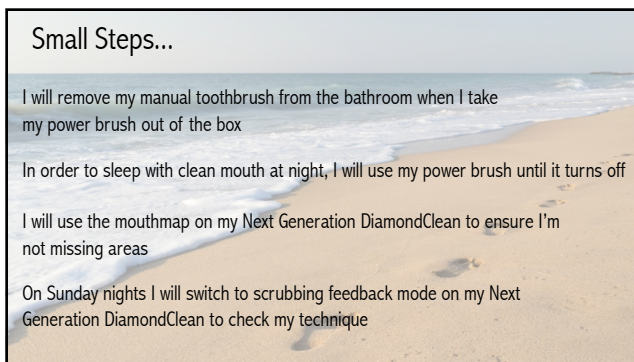
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