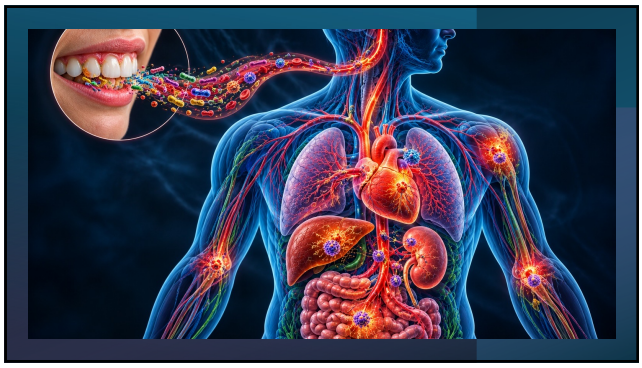

SMALL STEPS TO
GENERATE
GIANT OUTCOMES
Karen Davis, RDH, BSDH
Karen@karendavis.net

1


Well
DONE!
And Yet...

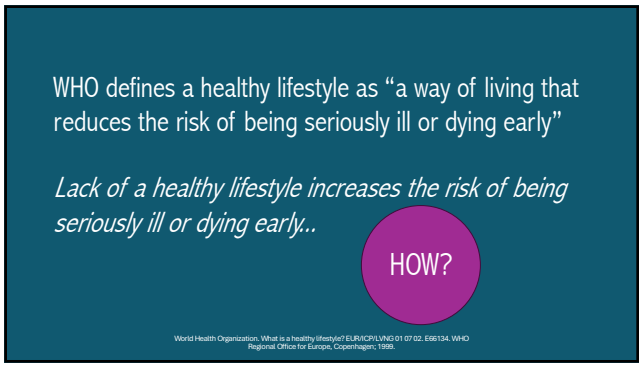
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4


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

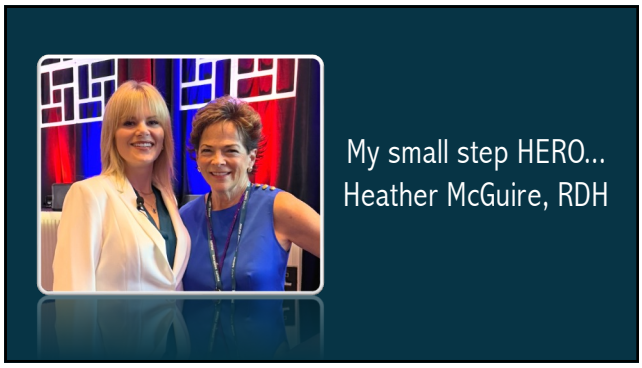
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WHO defines a healthy lifestyle as "a way of living that reduces the risk of being seriously ill or dying early"
Lack of a healthy lifestyle increases the risk of being seriously ill or dying early...
HOW?
World Health Organization. What is a healthy lifestyle? EUR/ICP/LVNG 01 07 02. E66134. WHO Regional Office for Europe, Copenhagen; 1999.

6



7



9



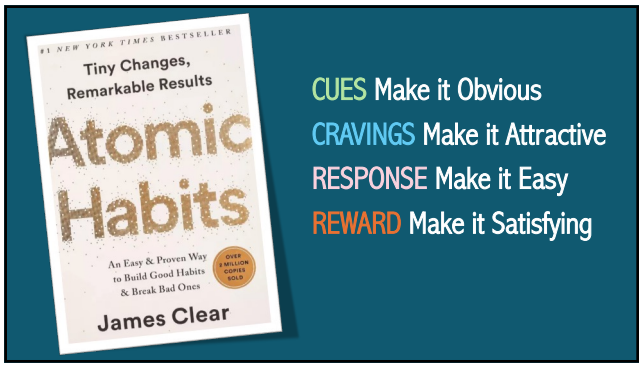
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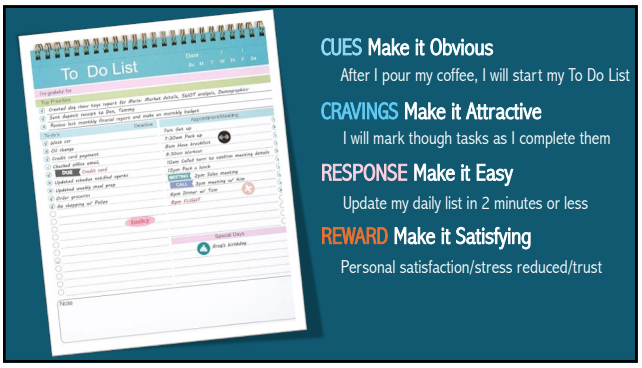
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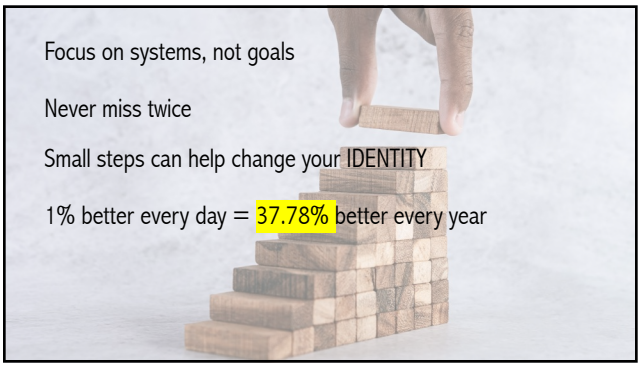
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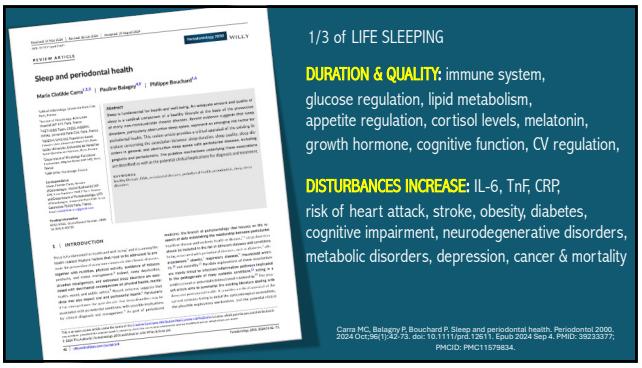
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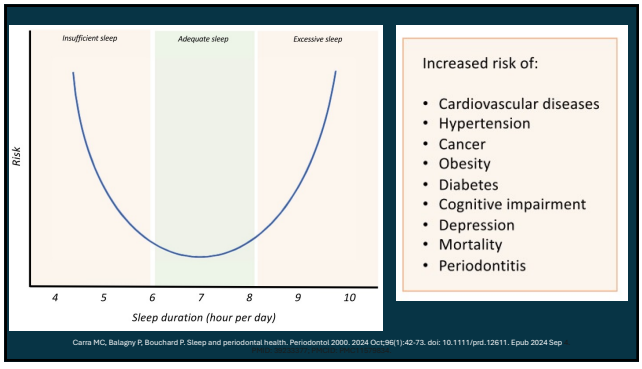
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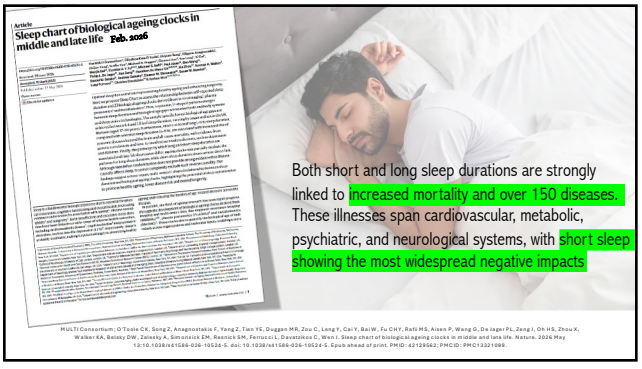
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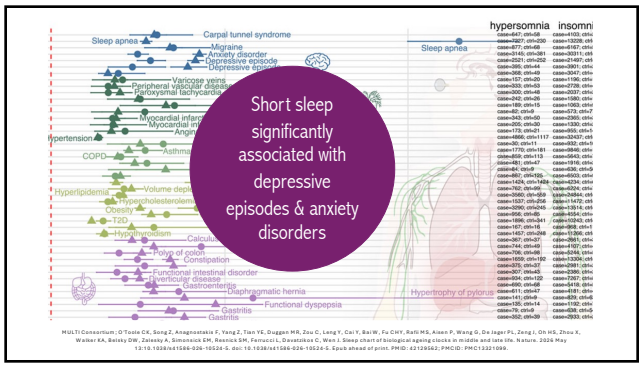
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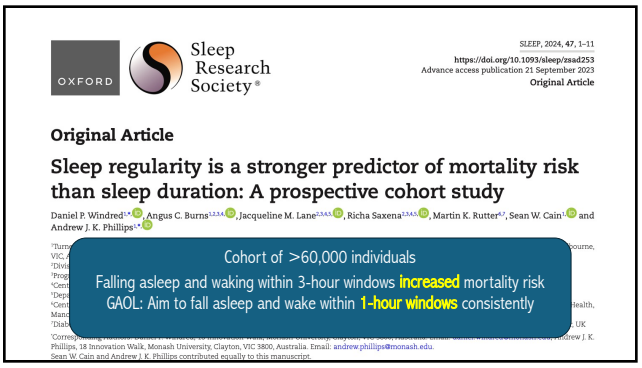
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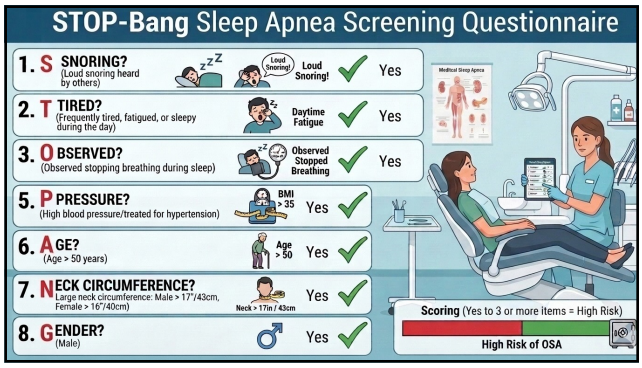
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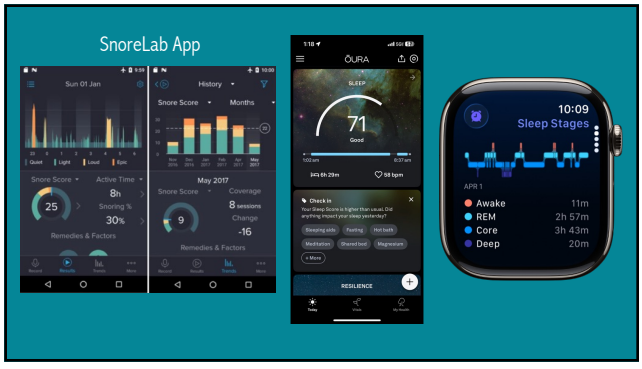
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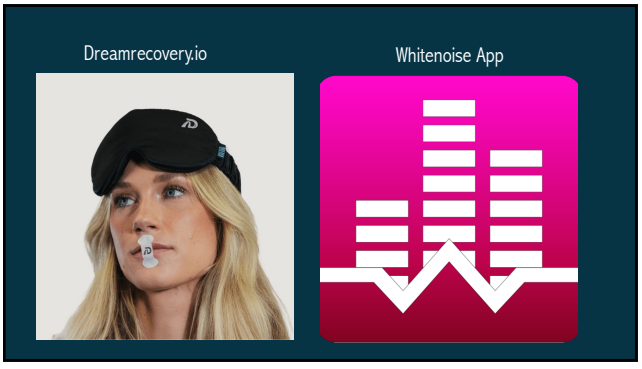
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26

Small Steps…

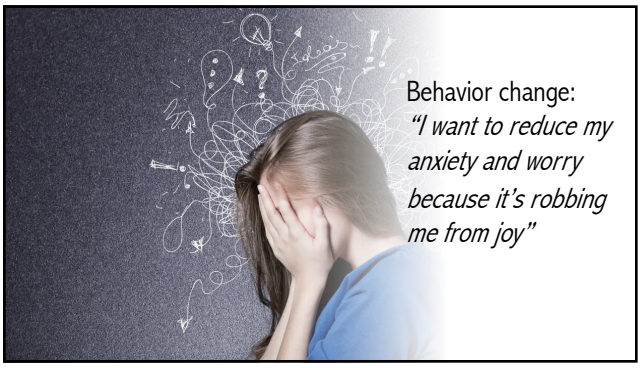
Today I will download the SnoreLabs app and monitor my sleep duration and regularity for 2 weeks

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

27



Behavior change:
"I want to reduce my anxiety and worry because it's robbing me from joy"

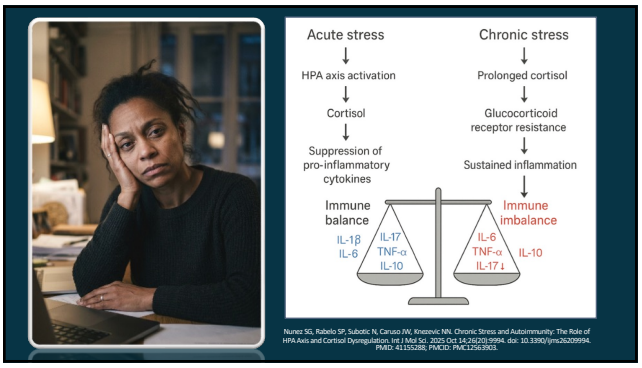
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>300,000 individuals / cross-sectional study and
>200,000 individuals / prospective cross-sectional study

Depression (13%) and anxiety disorder (27%)
consistently associated
with periodontal disease

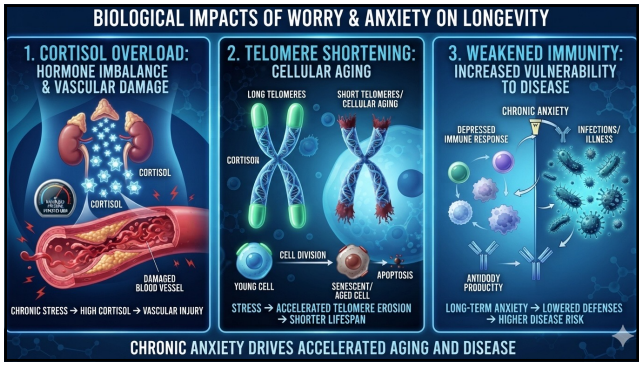
Wang J, Wang Y, Li H, Wang W, Zhang D. Associations between oral health and depression and anxiety: A cross-sectional and prospective cohort study from the UK Biobank. J Clin Periodontol. 2024 Nov;51(11):1466-1477. doi: 10.1111/jcpe.14039. Epub 2024 Jul 1. PMID: 38952070.

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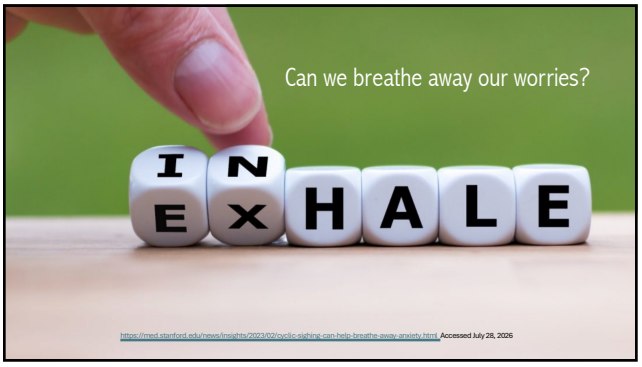


Nunez SG, Rabelo SP, Subotic N, Caruso JW, Knezevic NN. Chronic Stress and Autoimmunity: The Role of HPA Axis and Cortisol Dysregulation. Int J Mol Sci. 2025 Oct 14;26(20):9994. doi: 10.3390/ijms26209994. PMID: 41155288; PMCID: PMC12563903.

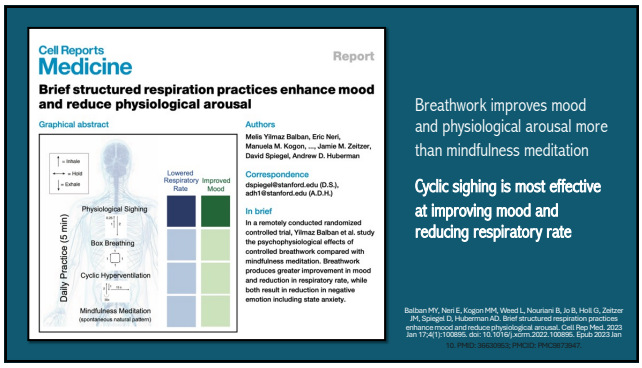
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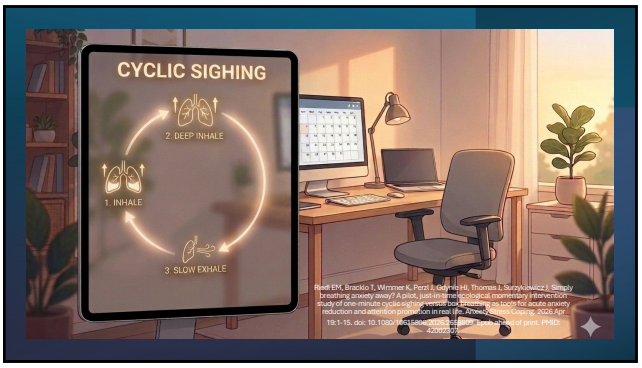
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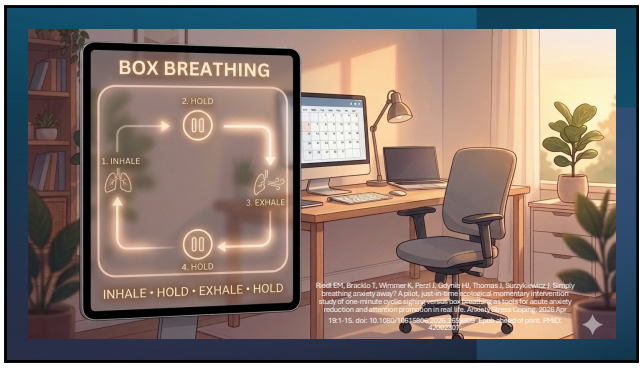
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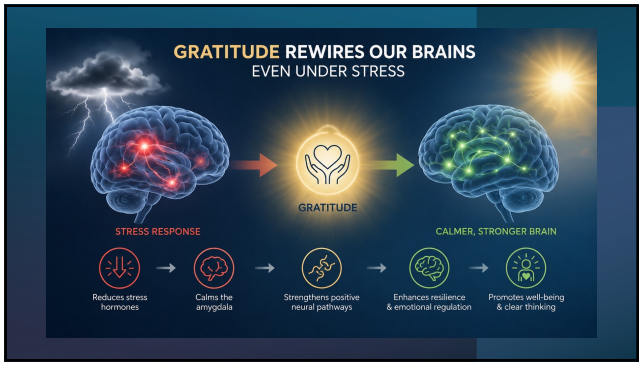
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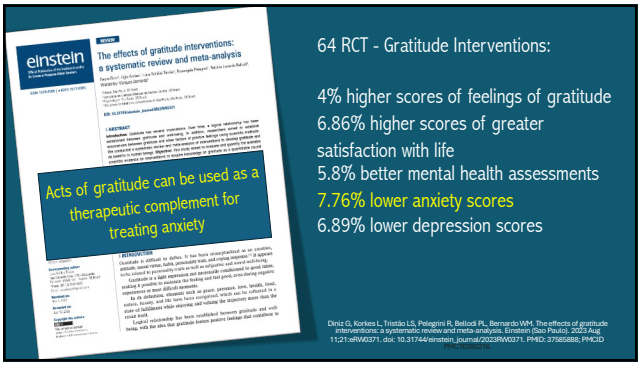
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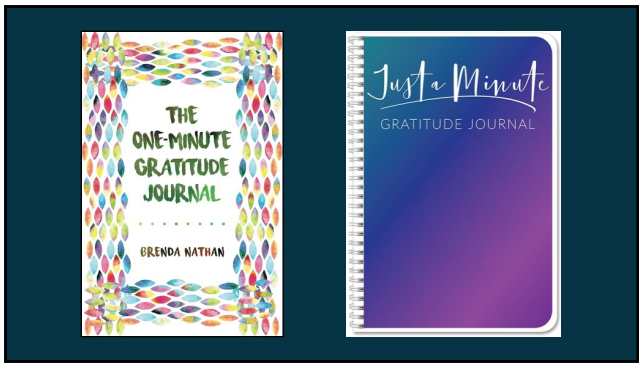
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Small Steps...

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

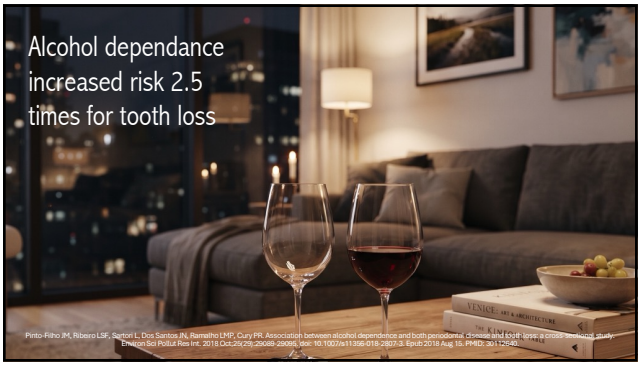
Before I walk in the door from work, I will identify something I am grateful for that took place at work

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

40



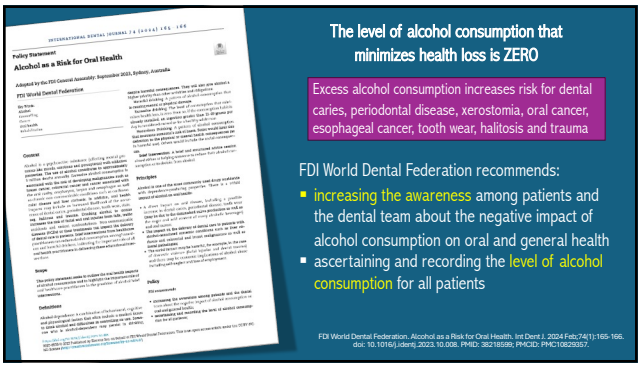
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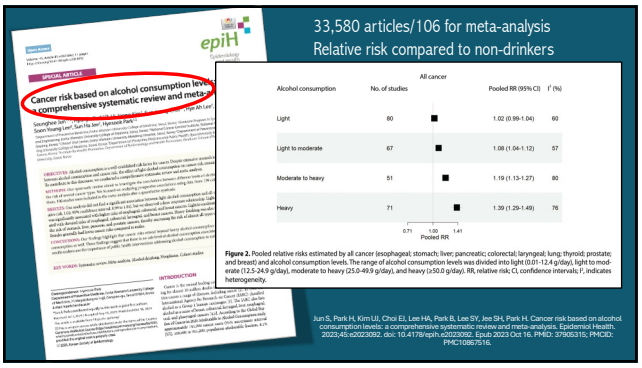
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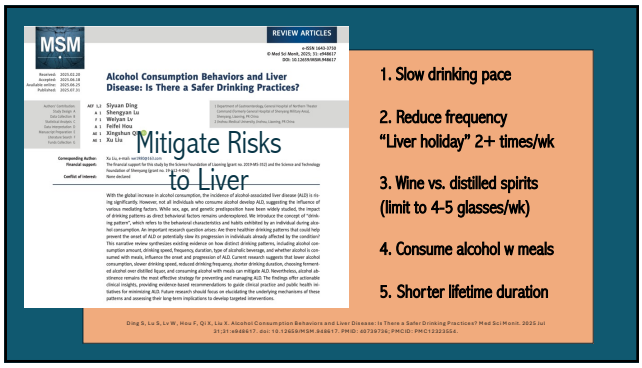
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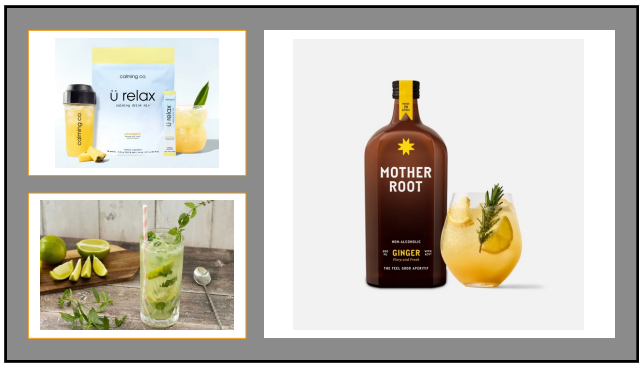
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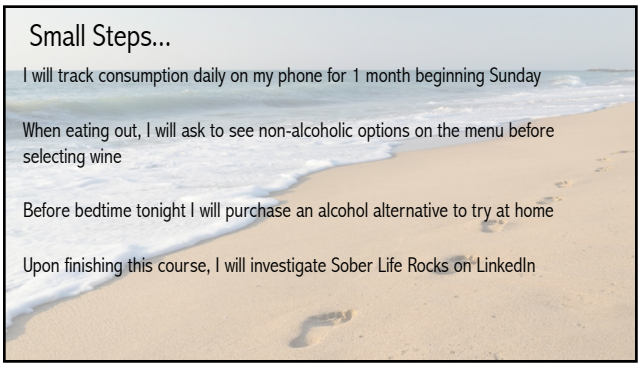
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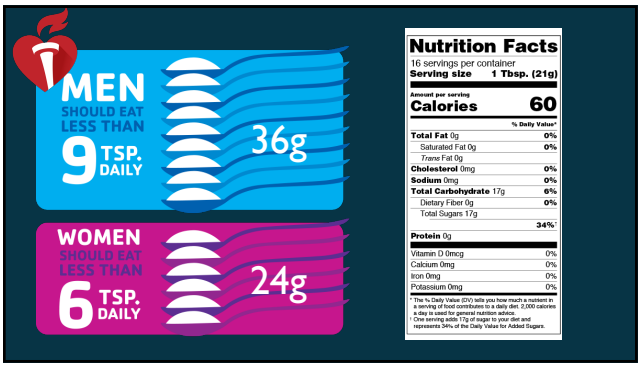
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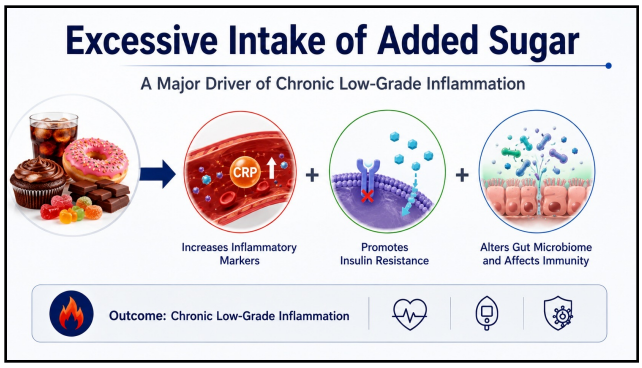
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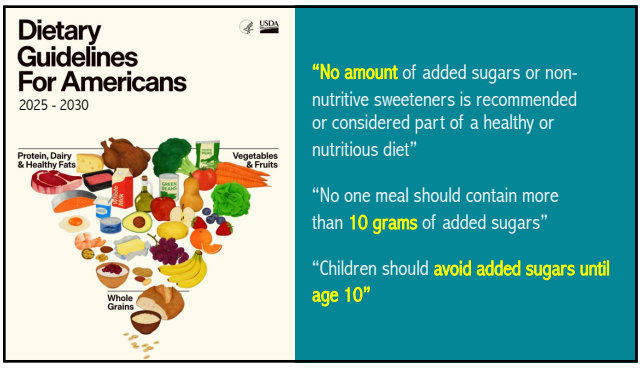
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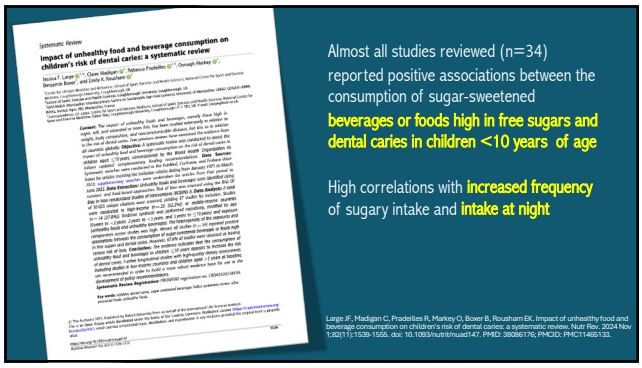
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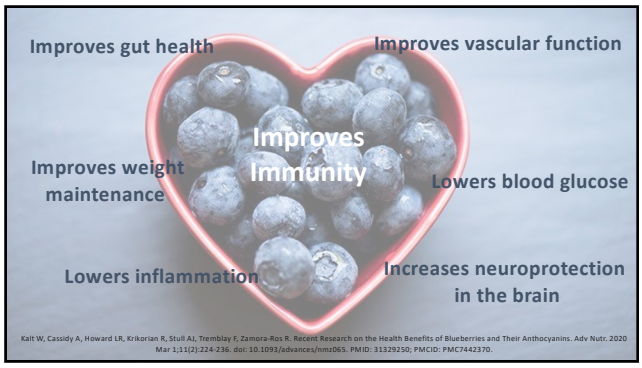
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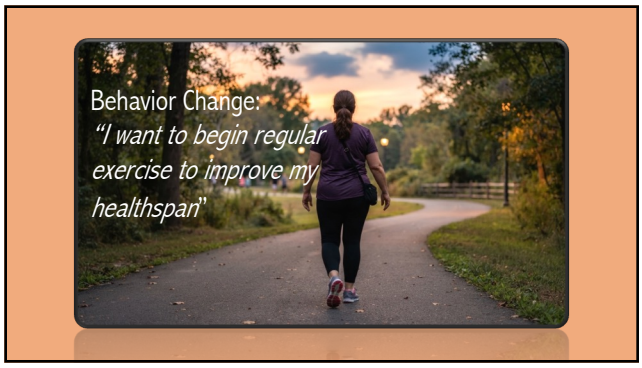
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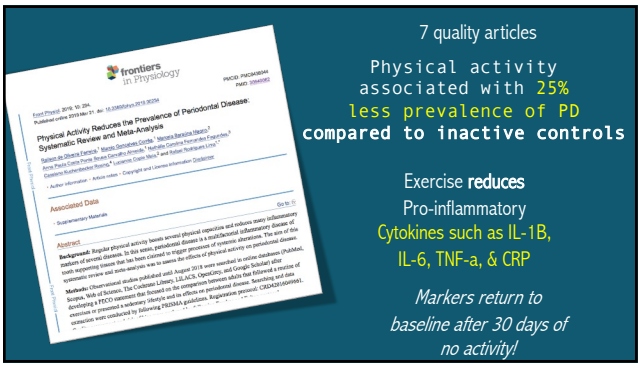
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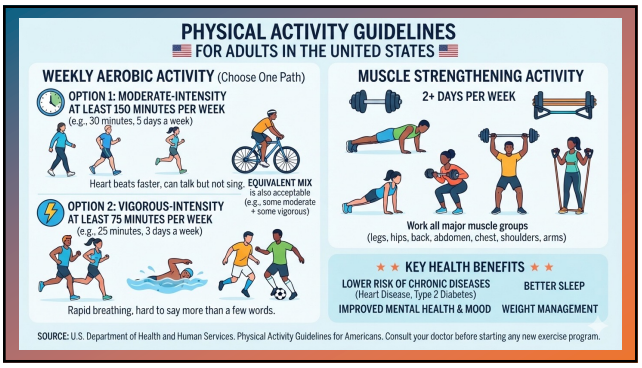
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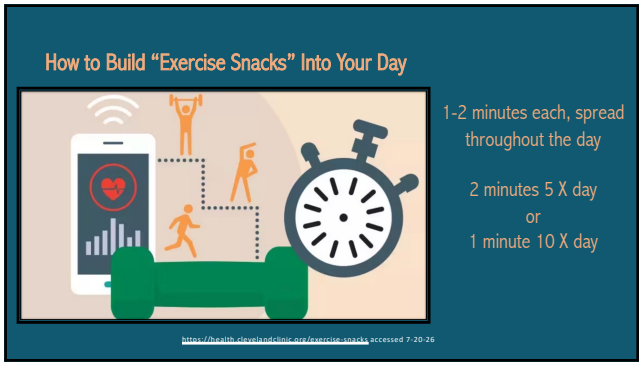
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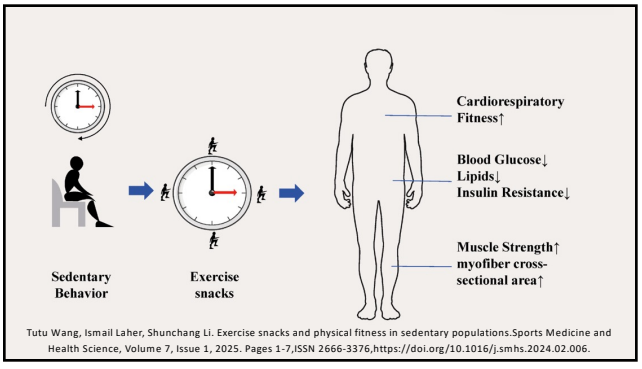
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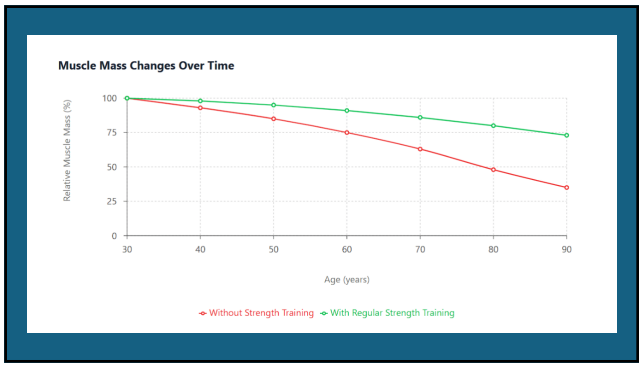
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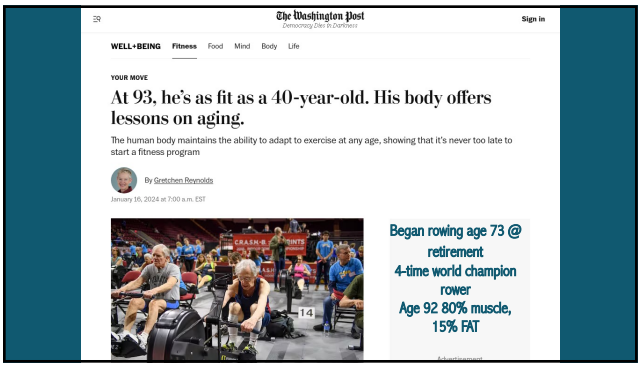
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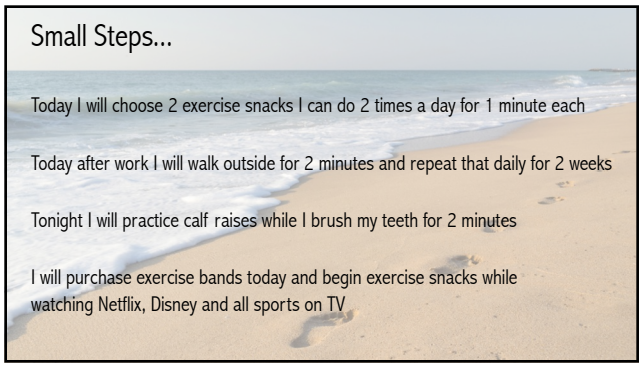
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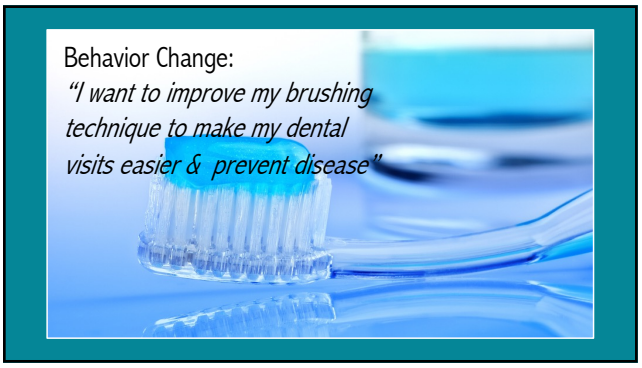
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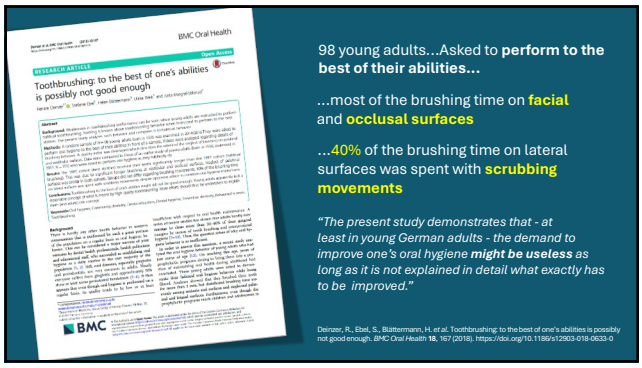
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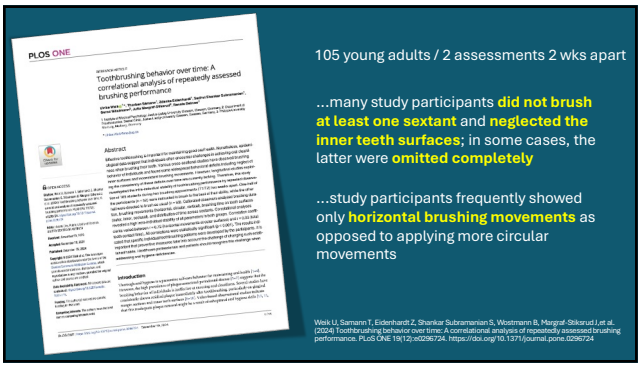
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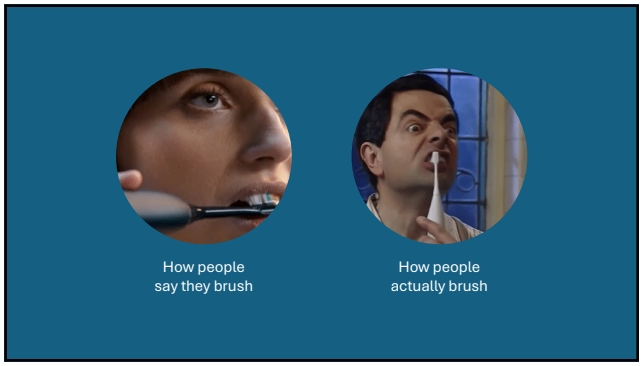
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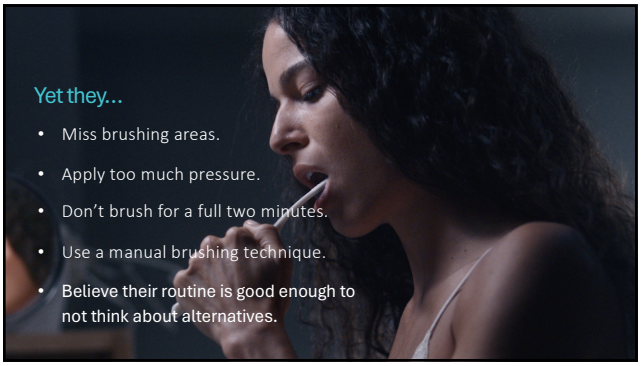
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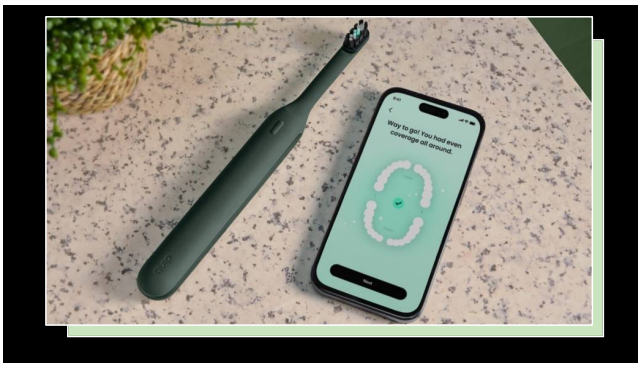
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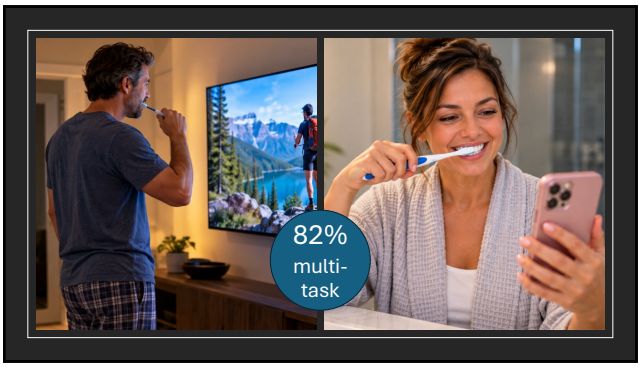
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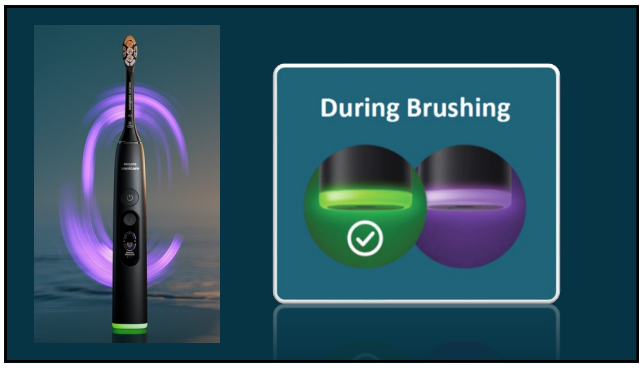
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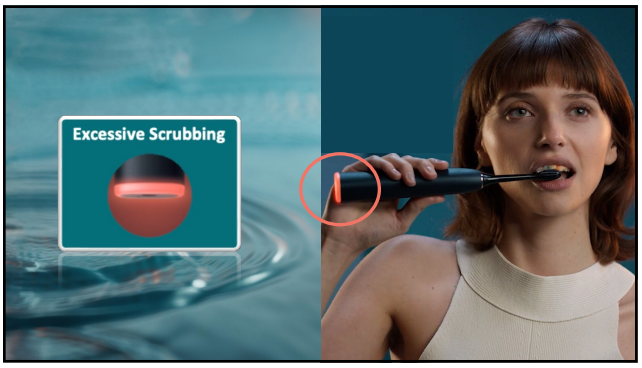
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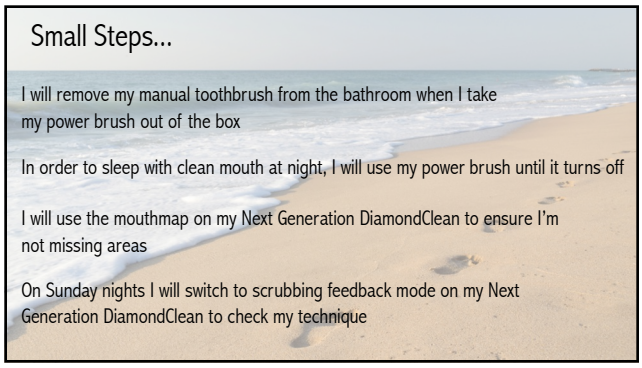
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