

SMALL STEPS TO GENERATE GIANT OUTCOMES

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Karen@karendavis.net

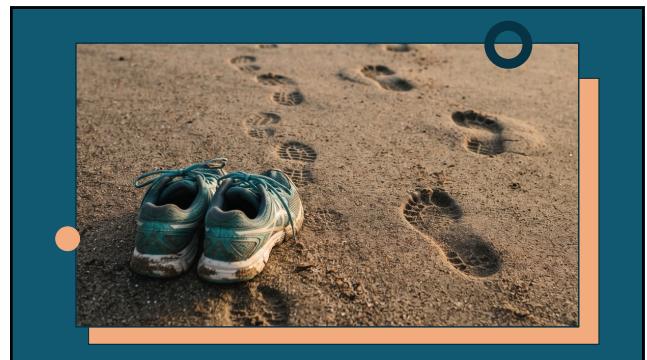
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What if we're in OVERWHELM?
What about our NON-COMPLIANT patients?

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My small step HERO...
Heather McGuire

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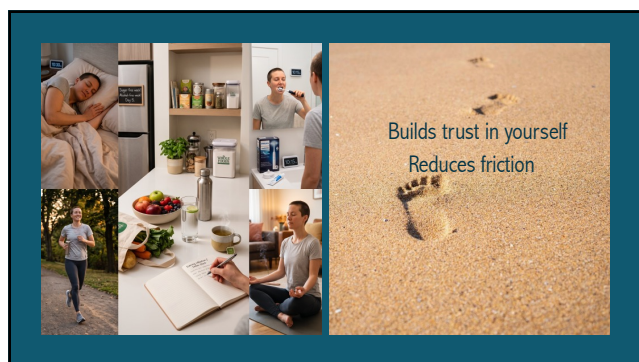
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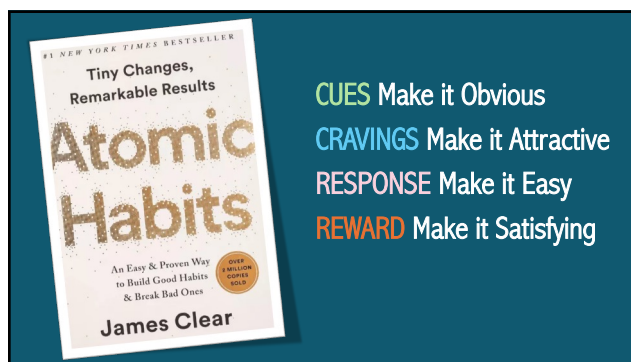
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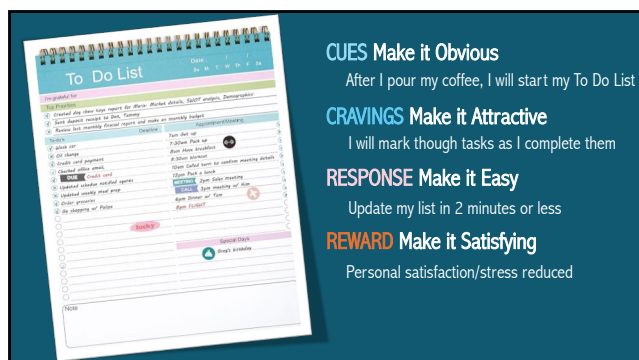
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What area of health and wellness in your own life do you find really challenging?

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

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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

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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

Carra MC, Balaigh P, Bouchard P. Sleep and periodontal health. *Periodontol* 2000; 2024 Oct;96(1):42-73. doi: 10.1111/prd.12611. Epub 2024 Sep. PMID: 39233377; PMCID: PMC11573934.

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Increased risk of:

- Cardiovascular diseases
- Hypertension
- Cancer
- Obesity
- Diabetes
- Cognitive impairment
- Depression
- Mortality
- Periodontitis

Carra MC, Balaigh P, Bouchard P. Sleep and periodontal health. *Periodontol* 2000; 2024 Oct;96(1):42-73. doi: 10.1111/prd.12611. Epub 2024 Sep.

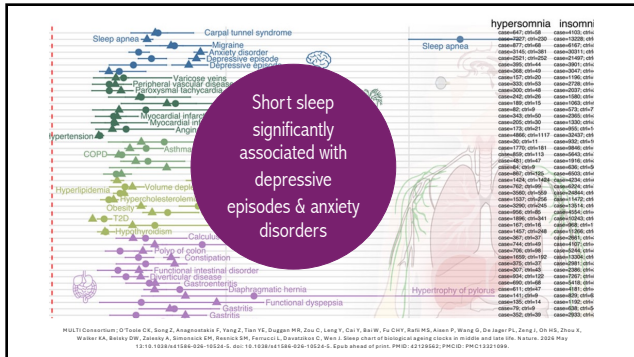
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Both short and long sleep durations are strongly linked to increased mortality and over 150 diseases. These illnesses span cardiovascular, metabolic, psychiatric, and neurological systems, with short sleep showing the most widespread negative impacts

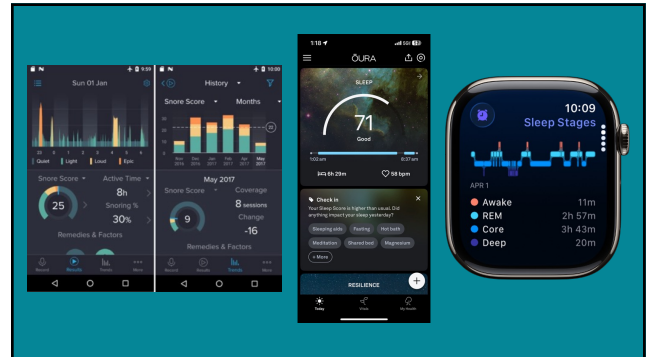
Sleep chart of biological ageing clocks in middle and late life. *Pub. 2026*

MULTI Consortium, O'Toole CE, Song Z, Anagnostaki F, Yang Z, Tian YS, Duggan MR, Zuo C, Long Y, Cai Y, Bai W, Fu CHY, Ruff MS, Aksen P, Wang G, De laager PL, Zeng J, Oh HS, Zhou X, Walker RA, Benay DR, Zaretsky A, Sirtori CR, KIM, Roush KM, Ferrucci L, Guralnik C, Wei L. Sleep chart of biological ageing clocks in middle and late life. *Nature*. 2026 May 10;10:1000-1000. doi: 10.1038/s41586-026-1002-0. Epub ahead of print. PMID: 42193601; PMCID: PMC11501188.

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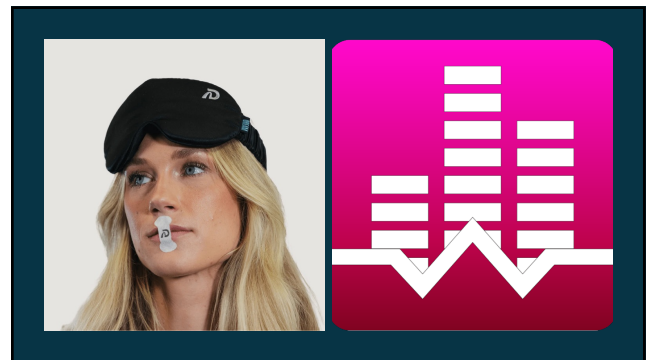
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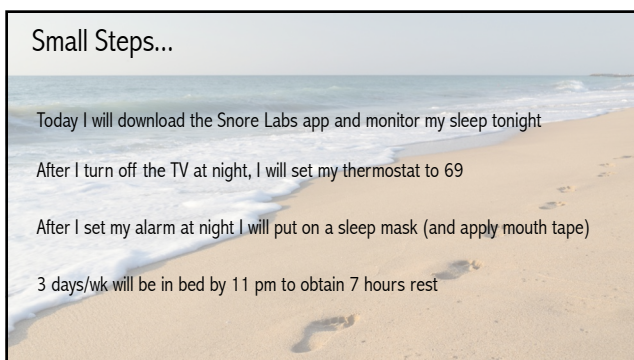
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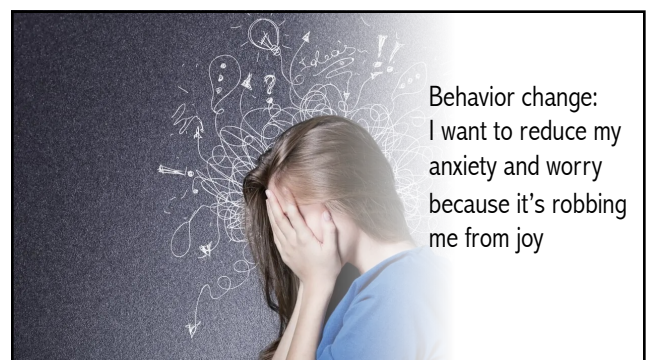
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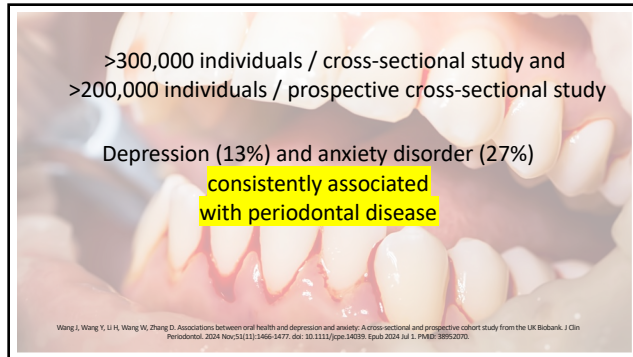
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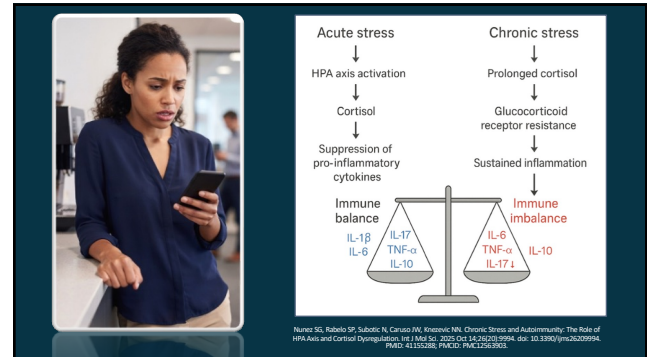
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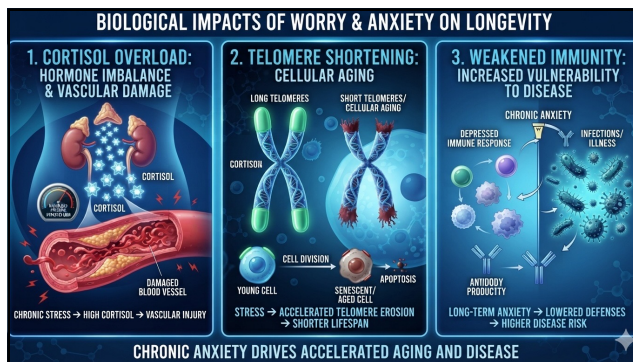
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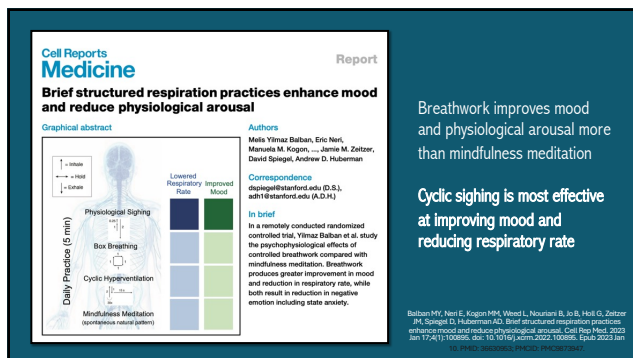
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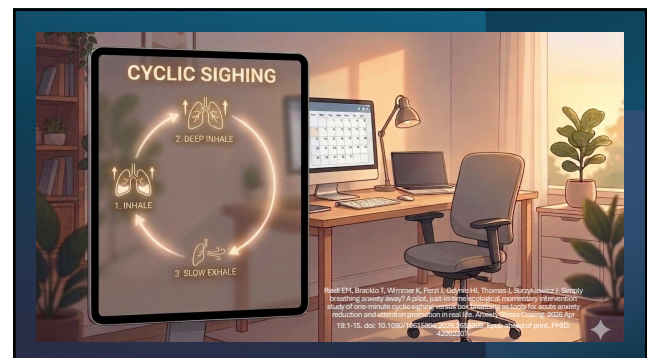
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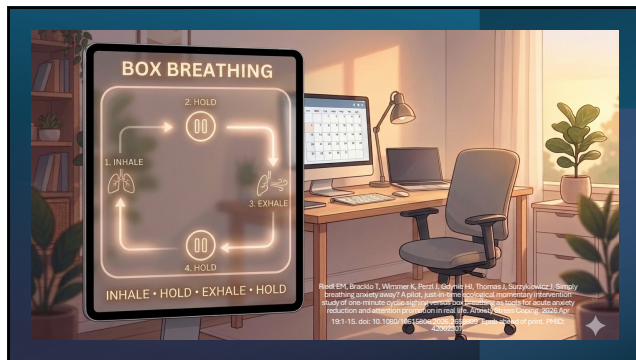
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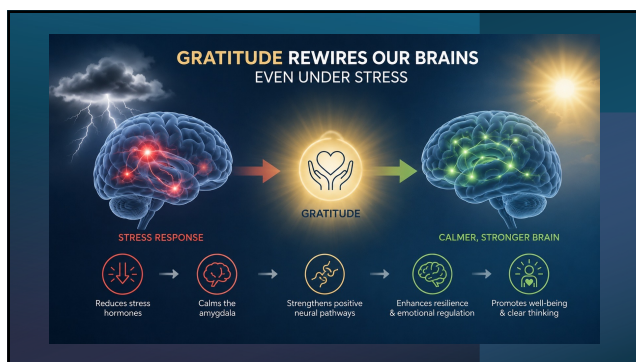
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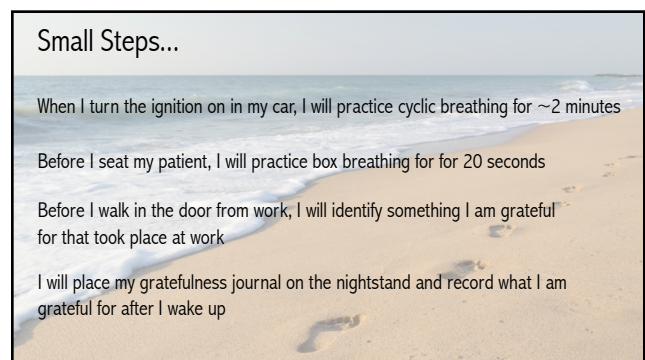
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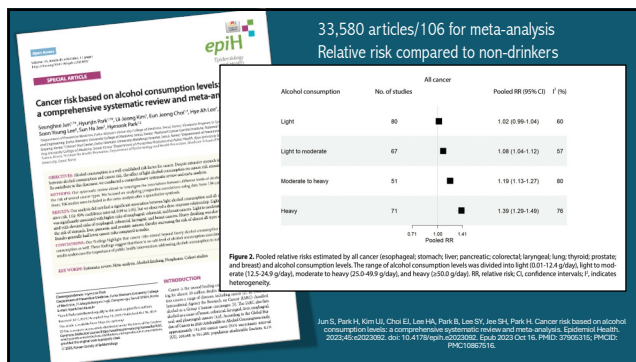
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Alcohol Consumption Behaviors and Liver Disease: Is There a Safer Drinking Practices?

Mitigate Risks to Liver

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

Ding S, Lu S, Lu W, Huo F, Qi X, Liu X. Alcohol Consumption Behaviors and Liver Disease: Is There a Safer Drinking Practices? *Med Sci Monit*. 2022 Jul 31;28:e938477. doi: 10.12659/MSM.938477. PMID: 35739726; PMCID: PMC9122252.

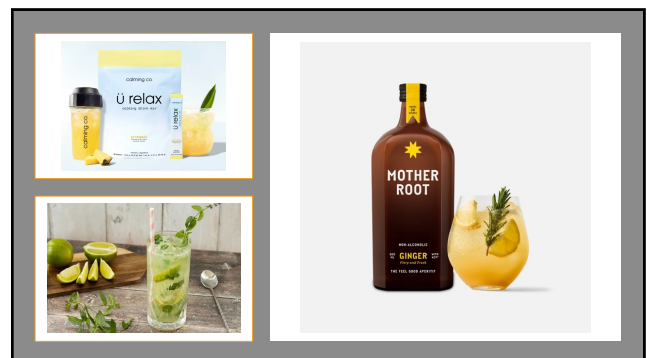
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Sober Life Rocks Podcast Episode 69 Margy Schaller Heather McGuire

HOW SHOULD WE TALK ABOUT ALCOHOL AT WORK?

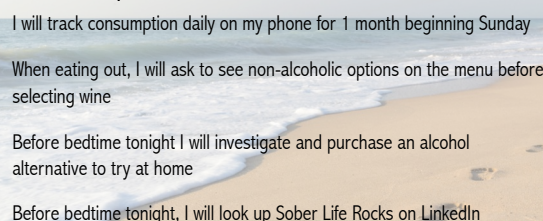
<https://soberliferocks.com>

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Small Steps...



I will track consumption daily on my phone for 1 month beginning Sunday

When eating out, I will ask to see non-alcoholic options on the menu before selecting wine

Before bedtime tonight I will investigate and purchase an alcohol alternative to try at home

Before bedtime tonight, I will look up Sober Life Rocks on LinkedIn

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Behavior Change:

I want to reduce processed sugar to improve my health and my family's health

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MEN
SHOULD EAT
LESS THAN
9 TSP.
DAILY

WOMEN
SHOULD EAT
LESS THAN
6 TSP.
DAILY

36g

24g

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
Amount per serving	
Calories	60
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	0%
Dietary Fiber 0g	0%
Total Sugars 17g	0%
	34%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Excessive intake of sugar: An accomplice of inflammation

Xiao Ma¹, Fang Nan¹, Hantian Liao¹,
Xinzou Fan¹, Xiaoshuang Song²,
Yanfeng Hou^{2*} and Dunfang Zhang^{1*}

¹Department of Biotechnology, State Key Laboratory of Biopharmaceuticals, Sichuan University, Chengdu, China, ²Department of Immunology, The First Affiliated Hospital of Shandong Provincial Qiantoshan Hospital, Shandong Key Laboratory of Immunology, Shandong medicine and Health Key Laboratory

High sugar intake has long been recognized as a risk factor for increased incidence of many non-communicable diseases, including obesity, cardiovascular disease, metabolic

Dietary sugars are mainly hexoses, including glucose, fructose, sucrose, and maltose. Fructose Corn Syrup (HFCS). These sugars are primarily absorbed in the small intestine as fructose and glucose. The consumption of high sugar beverages and

ang H, Shu P, Fan X, Song X, Hou Y, Zhang D. Excessive
l. 2022 Aug 31;13:988481. doi: 10.3389/fimmu.2022.9884

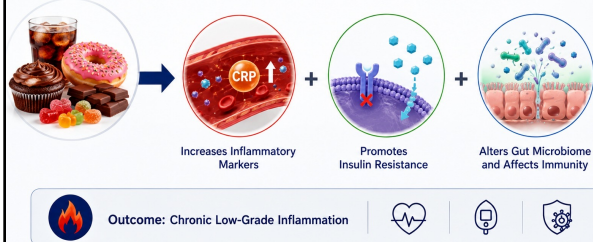
INCREASED RISK:
Obesity
Cardiovascular Disease
Metabolic Syndrome
T2D

IMPACT ON:
RA
MS
IBD
Psoriasis
Chronic Inflammation

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Excessive Intake of Added Sugar

A Major Driver of Chronic Low-Grade Inflammation



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

Miriam B Vos, Jill L Kaar, Jean A Welsh, Linda Y Van Horn, Daniel I Feig, Cheryl A M Anderson, Mahesh J Patel, Jessica Cruz Munoz, Nancy C Krebs, Stavra A Lankathakis, Rach 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: 27550974 PMCID: PMC5365373 DOI: 10.1161/CIR.0000000000000439

Free PMC article

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 diabetes.

Conclusions: Associations between added sugars and increased cardiovascular disease

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 in children through increased energy intake, increased adiposity, and dyslipidemia. The committee found that it is reasonable to recommend that children consume ≤ 25 g (100 cal $\approx$ 4 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.

"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

Vos MB, Kazar JL, Welsh JA, et al. Added sugars and cardiovascular disease risk in children. A scientific statement from the American Heart Association. *Circulation*. 2017; 135(19):e1017-e1034. Published online 2016 Aug 22. doi: [10.1161/aha.0000000000000000](https://doi.org/10.1161/aha.0000000000000000). Accessed: August 3, 2020

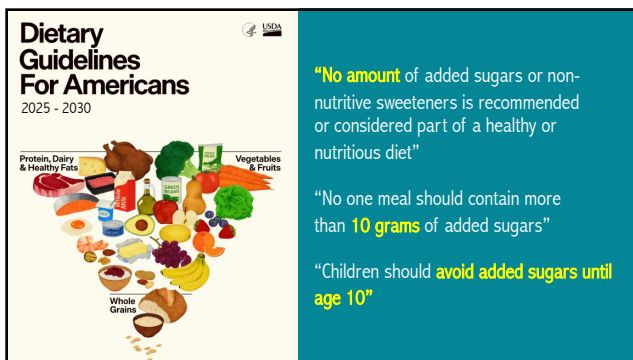
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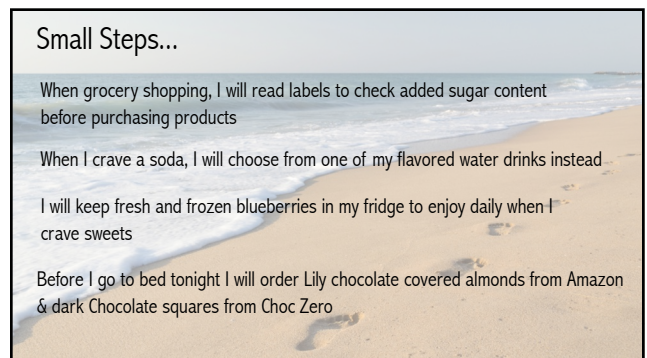
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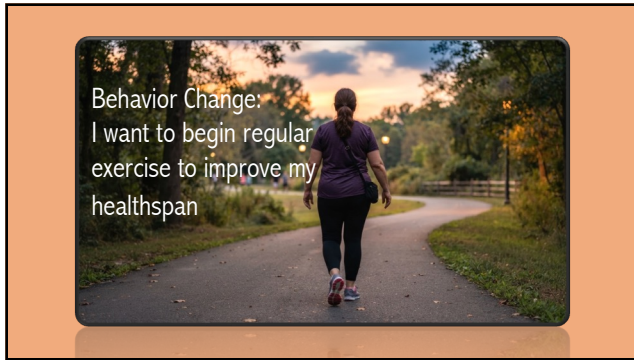
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7 quality articles

Physical activity
associated with **25%
less prevalence of PD**
compared to inactive controls

Exercise **reduces**
Pro-inflammatory
Cytokines such as IL-1B,
IL-6, TNF-a, & CRP

Markers return to
baseline after 30 days of
no activity!

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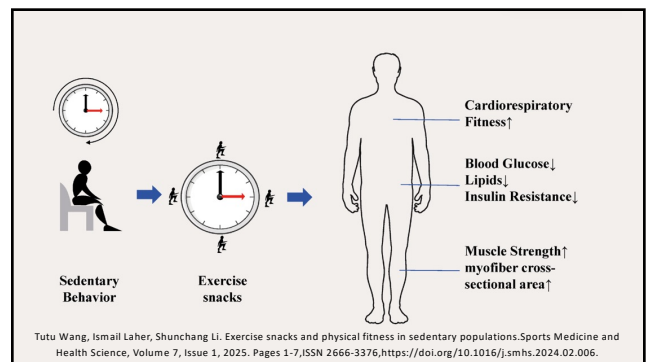
How to Build Exercise Snacks' Into Your Day

1-2 minutes each, spread
throughout the day

2 minutes 5 X day
or
1 minute 10 X day

<https://health.clevelandclinic.org/exercise-snacks> accessed 7-20-26

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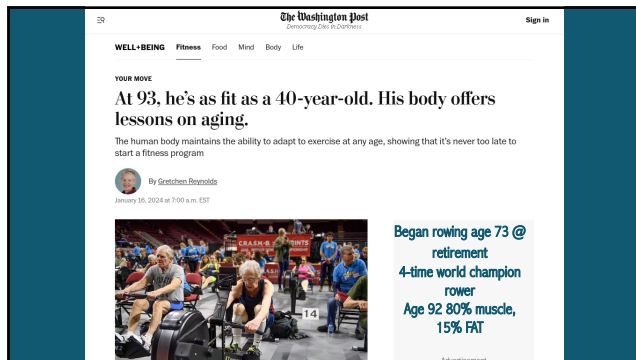
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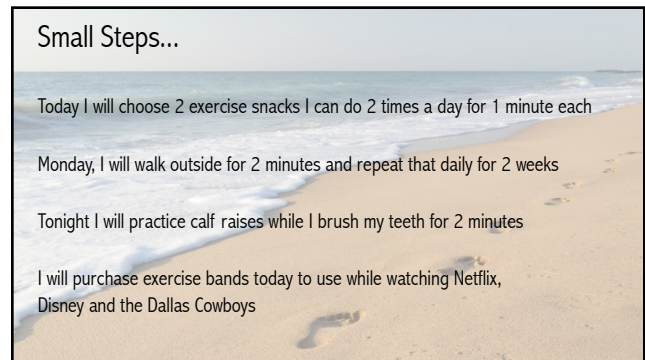
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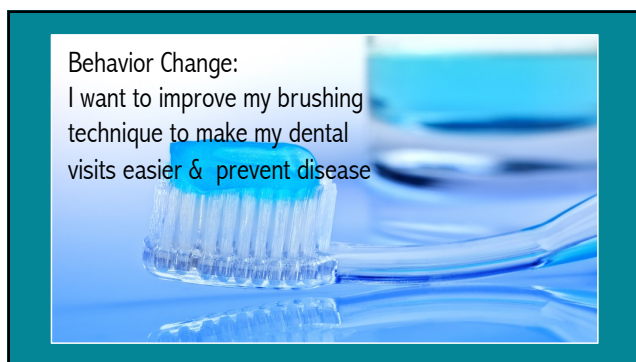
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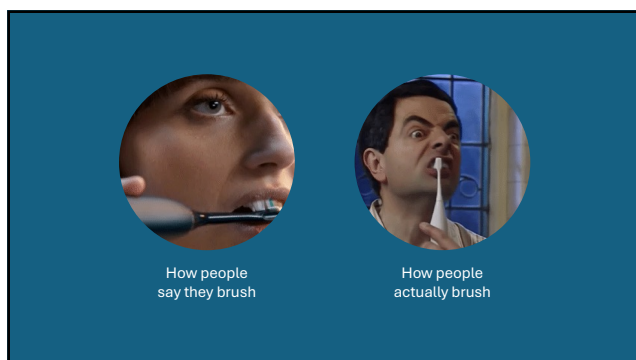
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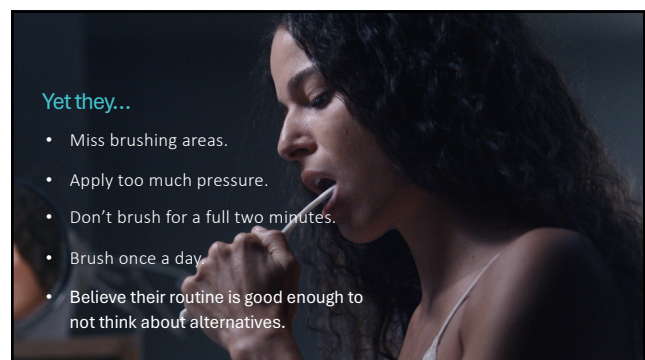
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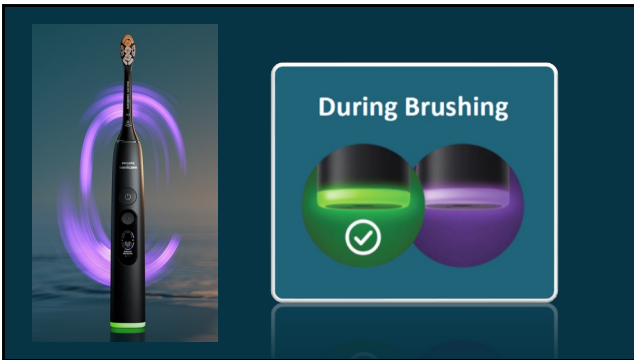
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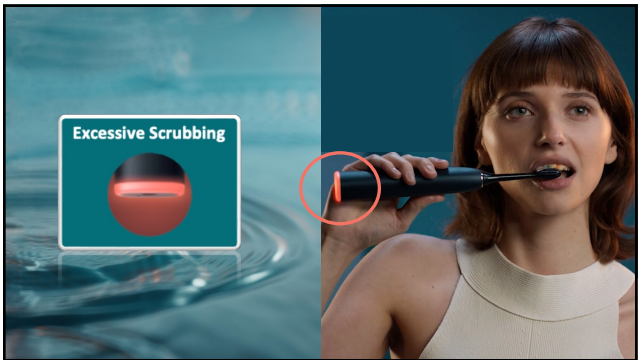
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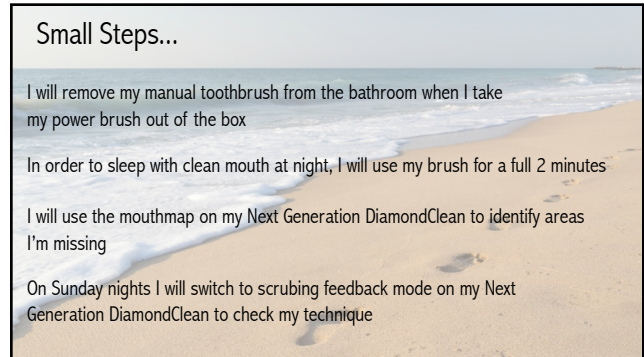
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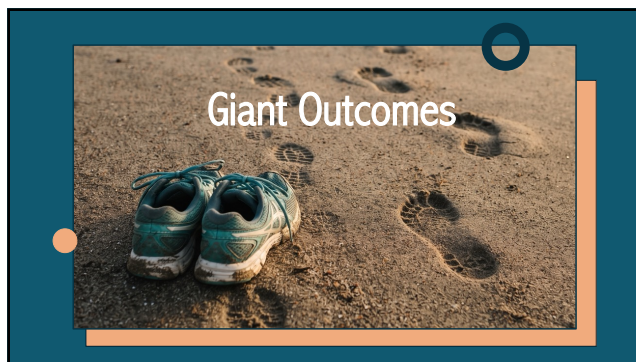
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