



PERIO-NUTRITION

**ORAL HEALTH AND THE MENOPAUSE
SUPPORTING OUR PATIENTS THROUGH THE MENOPAUSE
AND BEYOND**

A Full Day Course for Dental Professionals
Limited to 20 places.

COURSE PROSPECTUS 2025

Up to date information on nutrition, chronic inflammation and oral health,
throughout the menopause and beyond.

Course Description

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Welcome to your CPD programme in Oral Health and the Menopause - Supporting Our Patients Through the Menopause and Beyond. The aim of this course is to collate the most relevant new information and research in the ever-expanding field of female hormones, oral health and nutrition. This course is designed for all members of the dental team to update and expand their knowledge of female hormones and nutrition relative to chronic inflammation and oral-systemic health.

The course will be presented in a series of interactive lectures, hands on practical sessions that contain references to the latest research and current concepts in female hormones and nutrition relevant to the dental team.

The course is divided into 6 lectures. Completion of the course will enable all members of the dental team to give accurate up to the minute oral health advice and information to our menopausal and post-menopausal patients.

Course Title: Oral Health and the Menopause – Supporting Our Patients Through the Menopause and Beyond.

Date: Saturday 14th June 2025.

Timing: 9.00 am - 5.00 pm

Venue: Cambridge City Hilton, 20 Downing St., Cambridge CB2 3DT.

CPD Hours: 6. Accredited by BSDHT

GDC Development Outcomes: A,B,C,D

Speakers: Juliette Reeves, Nina Farmer, Timothy Ives, Dr Ola Abdellatif , Kathy Reily.

Course Fee: £220

Limited to 20 places.

BSDHT Members 10% Discount

Course Learning Outcomes

The overarching aim, learning objectives and learning outcomes are noted below. Each lecture will contain individual aims, objectives and learning outcomes that are consistent with the overarching learning outcomes.

Learning Aim:

The overarching aim of this course is to equip the dental professional with the required knowledge and understanding of the impact of female hormones on oral health and available treatment options.

Learning Objectives:

- This course is designed to give a good background understanding of female hormones and the impact on the periodontium.
- The biochemistry of specific sex steroid hormones is discussed in relation to oral health and chronic inflammation.
- Nutritional influences and the role of breathing exercises involved in hormone health and the maintenance of the oral tissues.
- The diagnosis and treatment of hyposalivation during the menopause.
- HRT and alternative treatment options for female health.
- Oral care product training and application methods.

Learning Outcomes:

Following completion of this course the dental professional will be able to:

- Classify oral health conditions associated with hormone deficiency.
- Create and deliver dietary strategies that support hormone health and the prevention of chronic inflammatory diseases.
- Describe the effect of fluctuating oestrogen and progesterone on breathing and how this impacts oral and systemic health.
- Diagnose and treat hyposalivation and xerostomia associated with the menopause.
- Evaluate therapeutic choices for hormone replacement therapy.
- Identify treatment options and solutions for oral conditions associated with the menopause.

GDC Development Outcomes:

A, B, C and D

Lecture Description

Lecture 1: Oral Health and the Menopause - Supporting Our Patients Through the Menopause and Beyond. - Juliette Reeves

Throughout the reproductive life cycle of women, fluctuating levels of sex hormones have direct and indirect effects on oral health, influencing susceptibility to periodontal disease. These hormone fluctuations result in more frequent and more exaggerated responses to oral bacteria, which initiate gingival and periodontal lesions and an increased risk of periodontal disease and oral health conditions.

It is imperative that the dental team understand the effect of hormone status on the oral health of our female patients and recognise our role in the promotion of oral systemic health and its impact on the health of women.

Aim: This lecture aims to provide an overview of the female hormones and how hormone status can impact on the oral health of our female patients through the menopause and beyond.

Learning Objectives:

The presenter will:

- Provide an overview of the female hormones and their actions throughout the life cycle.
- Discuss the potential effect of hormones on the periodontal health of female patients.
- Examine oral conditions associated with female hormone status through the menopause and post menopause.
- Provide treatment options and solutions for oral conditions associated with the menopause.

Learning Outcomes:

- Following this presentation delegates will be able to:
- Classify the different female hormones and their actions throughout the female life cycle.
- Describe the effects of female hormones on oral health associated with the menopause.
- Diagnose oral conditions associated with female hormone status.
- Identify treatment options and solutions for oral conditions associated with the menopause.

GDC Development Outcome: A C

Lecture 2: Nutrition and the Menopause. - Nina Farmer

This session will discuss healthy hormones to support both clinicians and patients with particular focus on the menopause. The focus on nutritional influences during the menopause will be presented along with nutrition and lifestyle advice for systemic and oral health.

Aim: The aim of this session is to explore the oral and systemic manifestations of hormonal conditions and how nutrition and lifestyle interventions can impact and support both clinicians and patients.

Learning Objectives:

The presenter will:

- Explore hormonal health and the implications for oral and systemic health.
- Discuss the effects of stress, blood sugar balance and endocrine disruptors on hormonal health.
- Present nutrition and lifestyle interventions to improve hormonal balance.
- Highlight oral and general manifestations of hormone deficiency during the menopause and how, when and who to signpost to when needed.

Lecture Description

Learning Outcomes:

By the end of the session the delegates will be able to:

- Discuss their understanding of hormonal health.
- Explain the effect of stress, blood sugar and endocrine disruptors on the sex hormones
- Demonstrate how to support hormonal health through nutrition, lifestyle interventions.
- Recognise oral and general manifestations of the different hormonal conditions.
- Plan how, when and who to sign post to when needed.

GDC Development Outcome: A B C

Lecture 3: Breathing and Menopause: The effect of fluctuating oestrogen and progesterone on breathing, oral and systemic health in women. - Timothy Ives

Sleep-disordered breathing (SDB) and shortness of breath are more common in postmenopausal than in premenopausal women. Tim will explain the relationship between hormone fluctuations, breathing, oral and systemic health, and how dental professionals can help to mitigate breathing related symptoms to maintain optimal health during and after menopause.

Aim: To gain a greater understanding of the breathing and menopause connection, the oral and systemic effects and how to reduce and mitigate symptoms.

Learning Objectives:

The presenter will:

- Discuss the connection between menopause and breathing related disorders and the potential oral and systemic effects.
- Demonstrate healthy breathing.
- Explain how to measure healthy breathing.
- Discuss how to recognise signs and symptoms of unhealthy breathing and how and when to refer.

Learning Outcomes

By the end of the session the delegates will be able to:

- Recognise and diagnose unhealthy breathing, guide patients, and refer.
- Describe the link between menopause and breathing disorders.
- Describe the potential oral and systemic effects of hormone related breathing disorders.
- Demonstrate and measure healthy breathing.

GDC Development Outcome: A C

Lecture 4. Saliva and Oral Health - Implications Through the Menopause. - Juliette Reeves

Saliva is a vital body fluid, without it, continued healthy functioning of the oral cavity would not be possible. As a fluid saliva facilitates mastication, bolus formation, swallowing, lubrication of the mucosa and speech. Specific components of saliva, however, contribute to antimicrobial activity, buffering actions, digestion, and the protection and maintenance of mucus membrane. Dry mouth may present itself as a local symptom, or as part of a systemic disease. It may or may not be associated with decreased salivary gland function. Hyposalivation and xerostomia are also common symptoms during the menopause.

Lecture Description

Aim: This presentation aims to update the dental professional on the importance of saliva for oral health and the impact on systemic health and wellbeing, particularly during the menopause.

Learning Objectives:

The presenter will:

- Review current understandings of saliva production and composition.
- Examine new insights surrounding the importance of saliva in systemic health.
- Consider the clinical implications of saliva during the menopause.
- Discuss the management of xerostomia and salivary gland hypofunction.
- Demonstrate hands on evaluation of salivary flow and composition.

Learning Outcomes:

Following this presentation delegates will be able to:

- Explain current understandings associated with saliva and the composition of saliva.
- Discuss new understandings surrounding the importance of saliva in oral and systemic health.
- Identify symptoms of xerostomia and hyposalivation during the menopause.
- Differentially diagnose hyposalivation and xerostomia.
- Provide treatment options for xerostomia and hyposalivation.

GDC Development Outcome: A C

Lecture 5. Treatment Options for Female Health - Dr Ola Abdellatif

The monitoring of female hormone levels during the menopause can provide valuable insight into addressing hormone deficiency symptoms and the treatment options available. HRT can be a valuable treatment for some women experiencing menopausal symptoms and those at risk of osteoporosis. This presentation will look at treatment options and alternatives to HRT.

Aim: This presentation aims to provide the dental team with insight and knowledge regarding the diagnosis and treatment options for patients with menopausal symptoms and hormone deficiency.

Learning Objectives:

The presenter will:

- Provide a guide to the patient journey, from diagnosis to treatment options and recommendations.
- Discuss methods of hormone evaluation and their application.
- Examine treatment protocols and delivery options for hormone replacement therapy.
- Explain the role of testosterone in female hormone balance.
- Highlight contraindications, risk factors and alternatives associated with hormone therapy.
- Demonstrate referral protocols for female hormone balancing.

Lecture Description

Learning Outcomes:

Following this presentation the delegate will be able to:

- Describe the patient journey from diagnosis to treatment for hormone deficiency.
- Classify methods of hormone evaluation and their application.
- Outline available treatment and delivery options for hormone replacement therapy.
- Identify contraindications and risk factors for hormone replacement therapy.
- Produce an effective GP referral request for female hormone evaluation.

GDC Development Outcome: A B C D

Lecture 6: Dry Mouth and the Impact on Patients During the Menopause. - Kathy Riley-Supported by Oralieve.

The impact of dry mouth on patient systemic health and wellbeing is a significant factor during the menopause. Early intervention with diagnosis and treatment options is critical to prevent significant oral discomfort and oral health conditions. The correct use and application of dry mouth products is important in helping the patient to achieve comfort and improve oral health.

Aim: This presentation aims to explore the impact of dry mouth on the patient particularly during the menopause, treatment options and product recommendations are discussed with a focus on application and methods of use for optimal outcomes.

Learning Objectives:

The presenter will:

- Discuss the prevalence and impact of dry mouth during the menopause.
- Explore management techniques for patients.
- Demonstrate application and management recommendations for clinicians.
- Highlight the role of Oralieve in the management of dry mouth.

Learning Outcomes:

Following the presentation delegates will be able to:

- Explain the prevalence and impact of dry mouth on patients during the menopause.
- Identify clinical and homecare management techniques for the patient and clinician.
- Outline application and product use techniques for improved homecare outcomes.
- Provide treatment options from the Oralieve range for patient homecare.

GDC Development Outcome: A C

Program

9-9.30 am	Coffee and Registration
9.30 – 10.30am	Oral Health and the Menopause – Juliette Reeves
10.30 -11.30am	Nutrition and the Menopause - Nina Farmer
11.30-11.45am	Coffee Break
11.45-12.45am	Breathing and Menopause - Timothy Ives
12.45-1.45pm	2- Course Lunch
1.45 -3.00pm	Dry Mouth and Hands on Saliva Testing – Juliette Reeves
3.00 –3.15pm	Tea Break
3.15- 4.15pm	Treatment Options for Female Health and Open Q+A Dr Ola Saleh
4.15 –4.45pm	Product Training Hands On – Kathy Reily - Oralievel
4.45 -5.00pm	Feedback, Certificates and Close



Your Speakers

Juliette Reeves RDH dipNMed

GDC: 2222

Juliette is a multi award-winning Dental Hygienist and trained nutritionist with over forty years clinical experience. She has written and lectured internationally over the last twenty years on the systemic associations between nutrition and oral health. She regularly presents post graduate seminars and training courses around the country.

She is Honorary Secretary to the BSDHT and a member of the BSDHT Education Committee, Clinical Director of Perio-Nutrition and a Trustee of the Oral Health Foundation. Juliette received a lifetime achievement award for "Outstanding Contribution to Dental Hygiene and Therapy" and is honoured to be a recipient of the prestigious Dr Gerald Leatherman Award from the BSDHT.



Nina Farmer

GDC: 162767

Nina qualified in 2013 as a Dental Therapist from Sheffield Dental school and due to a passion for well-being and a holistic approach with her patients, Nina returned to studying to become dual trained and graduated as a Nutritional Therapist in 2019.

Nina loves bringing her passions together, whether it is in the dental surgery with patients or providing workshops, lectures, course or articles for dental professionals and/or the general public.

Nina has personally overcome hormonal issues herself and is on a mission to share her knowledge about this subject to help others do the same.

Nina is a clinical educator for NSK through the Ikigai Oral Hygiene community, part of the clinical education team with TePe and a KOL for LM.

Nina just achieved a post graduate level 7 diploma in Clinical Education, Coaching and Mentoring.



Your Speakers

Timothy Ives MA Med Ed, BSc (Hons) Dip Dent Hyg, FHEA GDC:

Tim is a qualified Buteyko Breathing Practitioner, dental professional and postgraduate teacher. His co-authored book, LipZip: breathe better to live better is based on real patient cases that he successfully coached and are now benefiting from healthy nasal breathing.



Dr Ola Abdellatif MBChB MRCP DRCOG MReS GMC: 7501835

Dr Abdellatif (or Dr Ola as her patients call her affectionately) graduated with distinction from the University of Alexandria Medical School in 2006. Dr Ola immediately immersed herself in hospital practice and research culminating in the completion of specialty training in General Practice in Cambridge.

Dr Ola focused passionately on the various paradigms of women's health during her extended hospital and practice career. She was awarded the prestigious Diploma in Womens' Health from the Royal College of Obstetrics and Gynaecology in recognition of her dedicated expertise in this emerging field. Dr Ola regularly travels internationally to lecture on women's health issues and wellbeing in the community and in general medical practice.

Alongside her medical commitments, Dr Ola enjoys spending her spare time with her two cheeky boys and travelling. Dr Ola, surprisingly, also finds time for competitive running and charity work both in the UK and abroad.



Kathy Riley Oralieve

Having retired from a career working in corporate sales, sponsorship and partnerships, Kathy joined the Oralieve educational team 7 years ago. During this time, she has worked across the East of England, Home Counties and North London to raise awareness of the challenges of dry mouth sufferers and the Oralieve range.

Kathy spends her time visiting hospitals, hospices, dental practices and patient groups meeting the teams and patients seeking to understand the challenges they face daily with oral healthcare which is the aspect of the role that she is passionate about.



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Oral-B



Oral-B® was founded in 1950 by a Californian periodontist, who invented an innovative toothbrush to help his patients achieve healthier teeth and gums at home. Oral-B® continues to stay true to his mission and is today the worldwide leader in the over \$5 billion brushing market. The brand manufactures electric toothbrushes since 1963 and toothpaste for adults and children, oral irrigators, and interdental products.

Thanks to Oral-B, keeping the mouth healthy has never been easier. Improving oral hygiene goes hand-in-hand with a healthy mouth.

Philips



Philips is a leading health technology company focused on improving people's health and well-being and enabling better outcomes across the health continuum – from healthy living and prevention to diagnosis, treatment, and home care. Philips brings a century of healthcare expertise to oral care innovation and creates solutions that help you patients achieve optimal oral health. Philips offers a complete oral healthcare solution to always get homecare right. Clinically superior clean teeth with Sonicare, floss like a professional at home with the cordless power flosser and whiten with a full range of safe and easy whitening solutions for any patient.

Oralieve



Oralieve provide a range of dry mouth products to help relieve the symptoms of dry mouth. The condition can affect as many as 1 in 4 people in the UK and have an impact on the ability to speak, swallow and eat. The unique combination of bioactive ingredients and enzymes in Oralieve supplement the natural saliva providing effective relief. Formulated with gentle flavours, no alcohol and no SLS, Oralieve products help maintain oral health and improve comfort for those who are suffering with dry mouth.

Our Sponsors

Kin Dental



KIN Dental have been developing leading products for the dental care market since 1964. In 1970, KIN launched the first mouthwash and have continued to work at the cutting edge to develop innovative, quality dental products and obtain revolutionary patents for the dental market. KIN is now available in the UK. For more information go to www.kindental.co.uk.

TePe



TePe is a Swedish family-owned company who have been designing, developing and manufacturing oral hygiene products since 1965. Celebrating its 50th anniversary in 2015, the TePe brand was first introduced into the UK market in 1998. TePe offers a wide range of functional oral hygiene products. TePe's Interdental Brushes (IDBs) are endorsed and recommended by 94% dental hygienists across the UK. For 50 years, TePe has assisted in creating better oral health for people all over the world.

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ENROLL ONLINE NOW!

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Booking - www.perio-nutrition.com

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We look forward to seeing you there!

*For more information about the course and for booking details, please visit
www.perio-nutrition.com You may also email us at
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