

Trendy Diets, Weight Loss Medications and the Skinny on Dental Health

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Outline:

1. Overweight and obesity
 - a. BMI
 - b. Health consequences of obesity
 - c. Added sugar contributes to obesity and dental caries
 - d. Obesity statistics
 - e. Bariatric surgery
2. GLP-1 receptor agonists
 - a. Diabetes management
 - b. Weight control
 - c. GLP-1 RAs and oral health
 - d. Xerostomia management
3. Obesity conversations with dental patients
4. Diet trends
 - a. Dairy-free
 - b. Low FODMAP
 - c. Gluten-free
 - d. Plant-based
 - i. Vegetarian
 - ii. Vegan
 - iii. Mediterranean
5. Healthy dietary patterns promote weight control

- a. Updated Food Pyramid 2025-2030
 - b. Recommendations based on science that align with oral health
6. Review of evidence-based research
- a. How diet and lifestyle impact oral and systemic health
 - b. Healthy weight management guidelines
 - i. Fiber
 - ii. Interprofessional collaboration
7. Call to action