

REGISTRATION INFORMATION

90th Annual



SPONSORED BY
THE MINNEAPOLIS DISTRICT
DENTAL SOCIETY &
THE MINNESOTA STUDENT
DISTRICT DENTAL SOCIETY

Friday, January 29, 2016

Minneapolis Marriott Southwest Hotel
Minnetonka, Minnesota

REGISTRATION DEADLINE: JANUARY 25, 2016

Yes!
Friday, January 29, 2016

We're going to attend the
**2016 Minneapolis Midwinter
Dental Meeting.**

**Minneapolis Marriott Southwest Hotel
5801 Opus Parkway, Minnetonka, Minnesota**

7:00 a.m. - 8:30 a.m. Registration, Exhibit Area Opens,
and Hot Breakfast Buffet

8:30 a.m. - 10:00 a.m. Dr. Jeffrey L. Boone Lecture

10:00 a.m. - 10:30 a.m. Refreshments in Exhibit Area

10:30 a.m. - 1:30 p.m. Dr. Jeffrey L. Boone Lecture
Adjournment

- ADA Dentist, (ADA # _____) _____ x \$100.00 = _____
- Non-ADA Dentist _____ x \$200.00 = _____
- Dental Staff or Non-Dental Guest _____ x \$50.00 = _____
- Carotid-IMT Testing _____ x \$40.00 = _____

For late registration after January 25, 2016,
add additional \$20.00 fee. _____ x \$20.00 = _____

Form of Payment: _____ **Total Payment Enclosed:** _____

Check enclosed: Check # _____
(Please make check payable to the Mpls. District Dental Society.)

Charge this to my: MASTERCARD VISA

CREDIT CARD NUMBER EXPIRATION DATE

ZIP CODE OF BILLING ADDRESS FOR CREDIT CARD

AUTHORIZED SIGNATURE

PLEASE PRINT IN BLACK BALL POINT OR PERMANENT PEN: (COPY FORM AS
NECESSARY OR ATTACH ADDITIONAL PAGE FOR STAFF MEMBERS.)

NAME (PLEASE PRINT) LICENSE NUMBER

TITLE

DENTAL PRACTICE NAME

ADDRESS

CITY/STATE/ZIP CODE

TELEPHONE NUMBER ATTENDING (PLEASE ATTACH A LIST OF ALL ATTENDEES)

NO REFUNDS AFTER MONDAY, JANUARY 25, 2016.

Those paying by credit card are encouraged to fax their completed
registration form to (651) 631-9846.

Registering by mail? Please mail to:
Minneapolis District Dental Society
2475 - 15th Street NW, Suite C
New Brighton, MN 55112-5606
Telephone: (651) 631-9845



Education, Recreation, Celebration!

The Eradication of Heart Disease and Stroke: No One Should Ever Have a Heart Attack



Jeffrey L. Boone, M.D.

Jeffrey L. Boone, M.D. is an internationally recognized expert on the prevention of heart disease and the effects of mental stress on the heart. In 2008, he founded the Boone Heart Institute to further his mission to eradicate heart disease and stroke within his lifetime.

Dr. Boone serves as a Consultant in Preventive Cardiology for the Denver Broncos and Colorado Rockies. In addition, he sits on the NFL's Cardiovascular Committee and is National Co-Director of the NFL Alumni Association's Cardiovascular Screening Program, which is investigating the cardiovascular health of former NFL players. Men's Health Magazine selected Dr. Boone as one of the Top 17 Cardiovascular Doctors in America.

Course Overview

After three decades in preventive medicine, Dr. Boone, is closer than ever to his career-long goal: to eradicate heart disease and stroke. With new technology and treatment advances surfacing every day, it is possible to detect and aggressively treat heart disease before the patient ever experiences an adverse event. Dr. Boone's primary focus is to bring these breakthroughs out of the specialist's office and into every clinic. Heart disease is preventable, but only if we empower our population to take control of their health. This program introduces a new approach to heart disease that will change your perspective on the world's leading cause of death, and shed new light on our health care system's often-flawed approach to treatment.

In the dental community, as in the rest of the world, heart disease has remained the leading cause of death for the past century. Truly, heart disease and related conditions such as stroke and arterial disease have become the plague of our times. Rather than waiting for an adverse event to occur—chest pain, large arterial blockages, or even a heart attack—Dr. Boone believes that with early detection and aggressive prevention, we can stop this disease before it does any damage.

The high stress, mentally intense environment of a dental office can accelerate heart disease's growth. As stress intensifies—for example, during a complicated procedure or stressful patient interaction—blood pressure increases. This in turn puts increased shear stress on the walls of the arteries, where dangerous plaque can grow. If one of these plaque ruptures, heart attack or stroke follows soon after. Our emergency care professionals have become incredibly effective in reacting to these events, saving lives with a combination of quick thinking and tremendous skill. However, oftentimes the damage has already been done.

The average heart attack costs well over six figures. Even if everything is covered by health insurance, individuals still lose hundreds of hours of productivity and can even emerge with decreased earning potential due to damage caused by the event. Our nation spends more money on health care annually, yet prevalence of heart disease continues to rise year after year.

The Carotid-IMT test is the cornerstone of heart disease prevention. Knowing your Carotid-IMT, as well as your plaque status, is the first step on the road to taking control of your heart health. Dr. Boone saw that a simple ultrasound measurement of the walls of the carotid artery could give a window into your entire cardiovascular system. In the intervening years, the American Heart Association has endorsed the test as an independent marker of heart disease risk and recommends it for all Americans.

Dentists are leaders in their communities, both in health care and as business owners. The Boone Heart Institute believes that business leaders will be the true agents of change in health care, not insurance company CEOs or Washington politicians. Together, we can work to eradicate heart disease and stroke in the next generation.

Carotid-IMT Testing

Not only will you hear Dr. Boone speak, but, while he is presenting, the Boone Heart Institute technicians will be performing the Carotid-IMT test. It is a painless, 15-minute ultrasound exam evaluates your risk for heart attack and stroke, without risk or side effects. We want to make sure your cardiovascular system is not "over the hill" before you are. Sign-up now to reserve your spot on the pre-registration list. The cost is only \$40.

Testimonials

I heard Dr. Jeffrey Boone speak at a meeting approximately three years ago. Dr. Boone's lecture was interesting and most relevant. He articulates how cholesterol and your heart are intertwined, and how keeping yourself healthy is paramount to your well-being. I had my carotid arteries scanned during the meeting to get an idea of my own health. I have to say, it was eye-opening, and I would recommend everyone to take advantage of this service while attending the Midwinter Dental Meeting.

~ *Melissa L. Zettler, D.D.S., Program Chairperson for the Minneapolis District Midwinter Dental Meeting*

I have had the great fortune to listen to Dr. Jeffrey Boone at two Seattle Study Club continuing education meetings. The course was beyond my expectations! He is an excellent speaker; he helped me find the balance in my life while running a busy dental practice and helped me develop better habits to becoming a better dentist for my patients. The cost of the carotid-artery ultrasound was minimal compared to the value that I received from the information and recommendations that I was provided. I highly recommend Dr. Boone, his course and the ultrasound diagnostics with follow-up to anyone.

~ *Cindy Sundet, D.D.S., Vice President of the Minneapolis District Dental Society*

It's more than just another continuing education program; this program is the first step in taking control of your health and your future! You will have fun, learn some very important items and think at the end that the time was well spent.

You will earn five core continuing education credits for this lecture.

The Minneapolis District Dental Society wishes to extend a special *Thank You* to our Corporate Sponsors for making it possible for the dental, dental therapy, dental hygiene, and dental assisting students to attend at this meeting. Without their continued support, this would not be possible. Partial listing of sponsors as of November 15.

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Final listing of all sponsors will be printed in the program brochure distributed on the day of the meeting.