

ABOUT THE PROGRAM

More Chocolate: The Fun Biochemistry of Cavity Prevention

Did someone mention chocolate? Stop being a stick in the mud, and let's have some fun with prevention! By breaking down the biochemistry in a fun and easy to understand way, Dr. Roger Lucas will discuss why changing the foods one eats, especially the snack foods, is the *most* important step to preventing cavities.

This lecture will not only change how you talk to patients about cavity prevention: It will change how you think about your own family's dental health. Learn why using a snack guide is the most powerful prevention tool for any office or public health initiative.

The following quote sums it up:

"There are some lectures that change the way you think and what you do, this is one of them. This is especially true being a dentist married to a dentist with three kids under three. After the lecture I went home and changed our snacking habits for the better. I am appreciative that I was able to attend this lecture while my children were so young as they will greatly benefit from this new way of thinking." Dr. Z. Lowe, DDS

ABOUT THE SPEAKER



Dr. Roger Lucas is a biochemist, board certified pediatric dentist, and father to three daughters. He is the author of *More Chocolate, No Cavities-- A* practical guide for parents about how to avoid cavities without going crazy. Dr. Lucas has been featured on The Howard Farran Podcast, The Ultimate Health Podcast, Parent Magazine, and dozens of other radio, podcast, and TV interviews. His news clip on King 5 talking about cavity prevention has had over

300,000 views.

Dr. Lucas attended the University of Washington School of Dentistry for his dental degree and did his pediatric residency at the University of Southern California. He is a diplomat of the American Board of Pediatric Dentistry.

His Tooth Snack Guide and free prevention training are currently being used by over 500 dentists across the country, making an improvement in the lives of a million children and growing. His prevention training for dentists can be found at TheDentistDad.com.