

# WHEN TEETH AND IMPLANTS FAIL WITHOUT CAUSE: Bridging Nutrition, Periodontal Health, and Implant Integration



**If implants are failing or periodontal disease keeps returning despite flawless technique, what critical factors are we missing in the healing equation?**

Even with the best surgical skills and advanced dental technologies, implant failure and chronic periodontal disease still haunt modern dentistry. Could the missing piece be nutrition? In this groundbreaking course, Dr. Sharona Dayan unveils the essential but often overlooked role of vitamins, minerals, dietary choices, and the healing benefits of sunlight in optimizing oral health and dental implant wound healing.

Participants will learn how key nutrients directly affect periodontal health around natural teeth and dental implants. They will also explore the role of collagen, minerals, and vitamin D in supporting wound healing, bone growth, and implant integration, while recognizing how deficiencies increase the risk of failure. Dr. Dayan brings clarity to the difference between synthetic supplements and whole-food-derived nutrients, helping clinicians recognize how nutritional choices directly influence healing and long-term success.

Participants will leave empowered to implement simple, selective nutritional protocols that enhance periodontal health, support osseous integration, and improve patient outcomes.

## **LEARNING OBJECTIVES**

- Recognize key nutrients for periodontal health and dental implant wound healing.
- Analyze the relationship between vitamin D deficiency and implant failure through clinical case reviews.
- Explain the impact of mineral balance on teeth, gingiva, and alveolar bone health.
- Differentiate between synthetic and whole-food-derived nutrients.
- Discuss the impact of dietary choices on healing capacity.
- Transform frustration into clarity - gain confidence in overcoming implant and periodontal challenges through nutrition-informed care.

**Suggested Audience: Professionals; Dental Professionals**

**Suggested Format: Partial Day; Lecture, Workshop, Keynote**

# WHEN APPLIANCES AREN'T ENOUGH: The Nutritional Keys to Sleep and Airway Health



**When oral appliances fall short for bruxism, TMJ pain, and sleep apnea - and periodontal disease persists - it's time to explore the underlying biochemistry.**

Dental professionals are uniquely positioned to support not only oral health but airway and sleep health as well. In this groundbreaking course, Dr. Sharona Dayan reveals how nutrition and vitamin and mineral balance can dramatically enhance sleep quality - and by extension, the success of oral appliances. Participants will uncover how specific dietary patterns, meal timing, and nutrients can improve sleep and sleep apnea, reduce inflammation and promote oral health.

From understanding the sleep-thyroid-Vitamin D connection to identifying nutrients that affect sleep quality and sleep apnea, this course brings nutritional science to the operatory. Participants will leave equipped to elevate both practice and patient health - one breath, one nutrient, and one good night's sleep at a time.

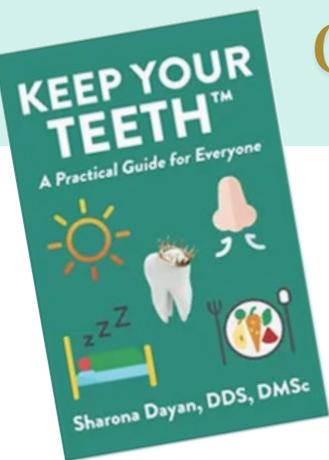
## **LEARNING OBJECTIVES**

- Identify key vitamins and nutrients that support restful sleep and optimal airway function.
- Analyze the relationship between vitamin D deficiency, sleep apnea, and oral health deterioration.
- Explore carbon dioxide, the forgotten gas, which is crucial for sleep regulation and oral health.
- Evaluate the impact of diet on sleep quality, including timing and intermittent fasting.
- Debunk the dessert myth and learn why a sweet treat may be beneficial for restful sleep.
- Discover how the thyroid affects sleep quality and why proper regulation is essential.
- Recognize the consequences of untreated sleep apnea including bone loss, bruxism, TMJ pain, and periodontal breakdown.

**Suggested Audience: Professionals; Dental Professionals**

**Suggested Format: Partial Day; Lecture, Workshop, Keynote**

# KEEP YOUR TEETH: A Nutritional Approach to Oral Health and Whole-Body Wellness



## Discover why you are losing your teeth. It may not be what you think!

Despite advances in toothbrush technology and better access to dental care, gum disease is still the #1 cause of tooth loss in America.

In today's modern societies, tooth loss is no longer just about brushing and flossing. Our diets, lack of sunshine, sleep apnea, and chronic stress are snatching our teeth away from us.

Gum disease not only results in tooth loss but also releases toxins into the body that cause heart attacks, breast cancer, Alzheimer's and arthritis. Diabetic patients become healthier by treating their gum disease. Find out how a healthy mouth is critical for a healthy body.

While gum disease primarily affects adults, the risk factors are often created right after birth and in early childhood. If you are a parent and want to protect your children from tooth loss later in life, this course provides practical guidance to help you set your children up for a lifetime of strong, healthy teeth.

This course will not only open your eyes to the often-overlooked causes of tooth loss but also provide strategies you can start using right away to reduce your risk.

### LEARNING OBJECTIVES

- Discover the surprising lifestyle habits that contribute to tooth loss beyond poor brushing or flossing
- Explore the mouth-body connection and how a holistic approach to oral health supports overall wellbeing
- Describe the role of nutrition - especially vitamins and minerals - in protecting teeth and gums
- Recognize the impact of sleep apnea and poor sleep on oral and overall health
- Understand the link between gut health and gum disease, and how supporting the microbiome can benefit oral health
- Learn how the right amount of sunshine can strengthen your teeth, support your immune system, and boost overall wellness
- Appreciate how chronic stress can silently contribute to gum disease, tooth loss, and overall health decline
- Gain simple strategies to optimize and preserve natural teeth and support vibrant, whole-body health

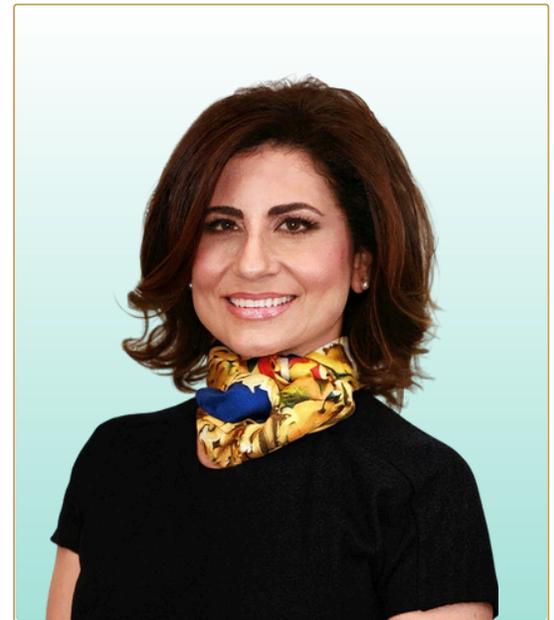
**Suggested Audience: Professionals; Lay Public**

**Suggested Format: Partial Day; Lecture, Workshop, Keynote**



SHARONA DAYAN  
DDS, DMSC

*Keep Your Teeth. Naturally*



## Speaker Packet

---

- Harvard-trained, Board-Certified Periodontist
- Author of “Keep Your Teeth: A Practical Guide for Everyone”.
- Owner of Aurora Periodontal in Beverly Hills, CA
- Internationally Recognized Speaker

*Through her dynamic presentations, Dr. Dayan empowers dental professionals with integrative strategies for improving implant success, periodontal health, and patient outcomes by addressing the overlooked roles of nutrition, airway health, and sleep. She is a frequent guest on podcasts, a sought-after expert for media outlets, and has led a dental study club focused on integrating oral health with whole-body wellness.*

## Available Lectures

---

- **When Teeth and Implants Fail Without Cause:**  
Bridging Nutrition, Periodontal Health, and Implant Integration
- **When Appliances Aren't Enough:** The Nutritional Keys to Sleep and Airway Health
- **Keep Your Teeth:** A Nutritional Approach to Oral Health and Whole-Body Wellness

## Contact

---

Sharona Dayan, DDS, DMSc  
310-205-0900  
SDayan@AuroraPeriodontal.com

