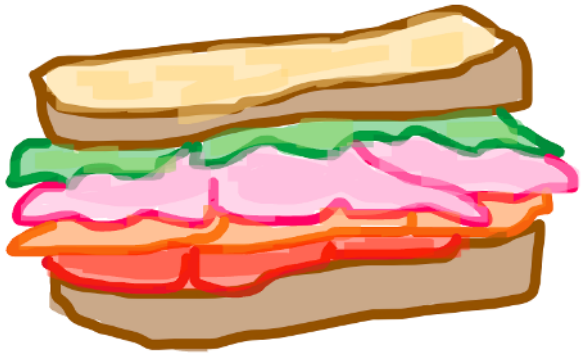
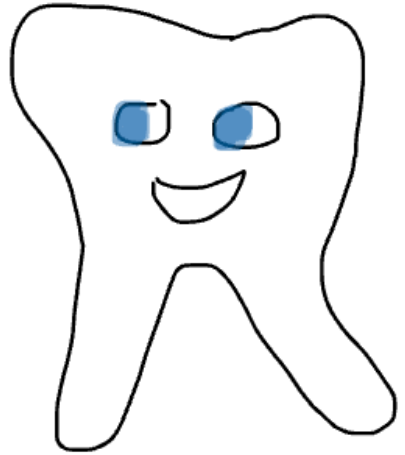




# Médecine culinaire en santé buccodentaire

Dre A DAWSON

# Conflits d’intérêts

## Divulgation du conférencier : Aimée Dawson

### Relations avec des commanditaires

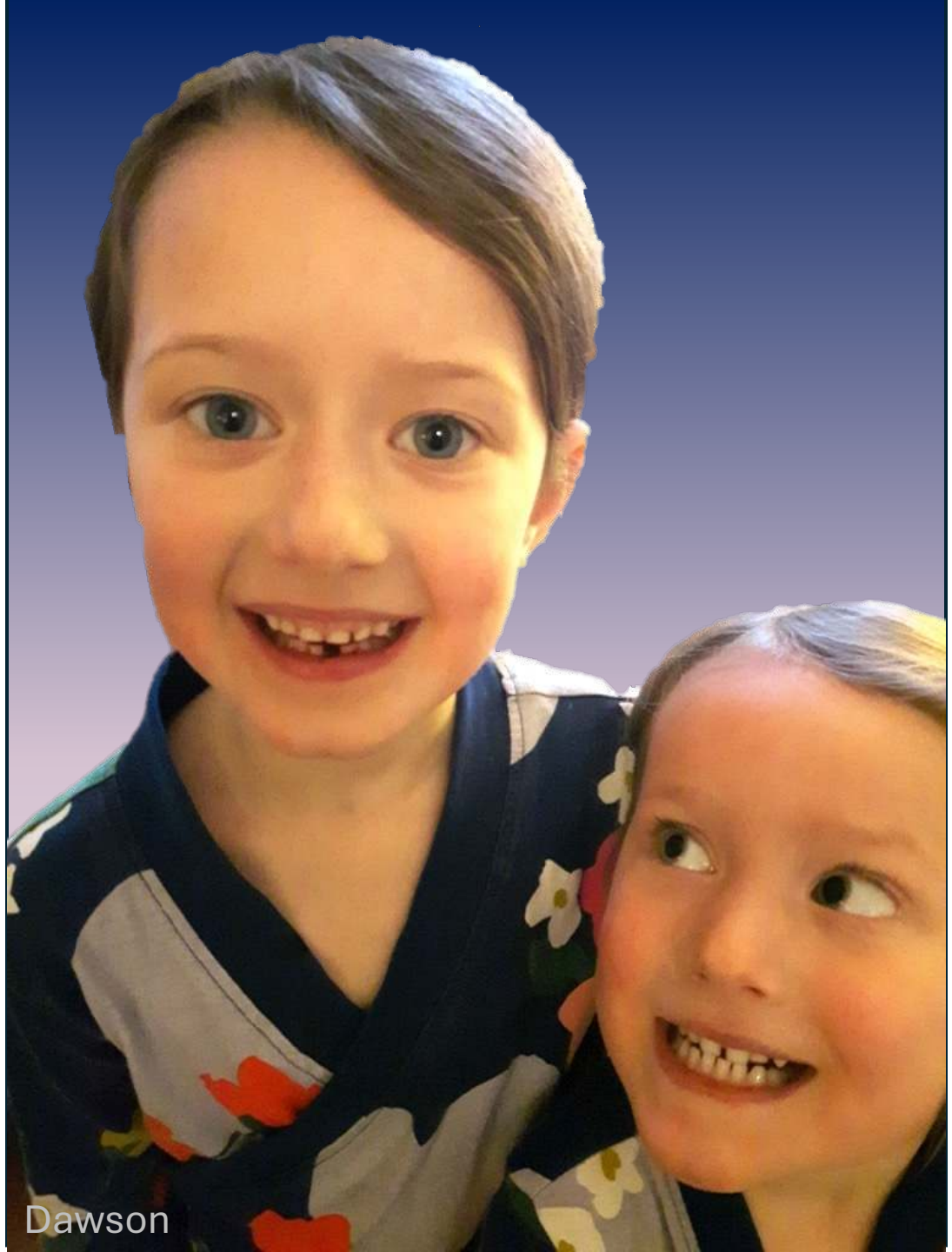
• Aucun conflit d’intérêt à déclarer.

### Divulgation du soutien financier

Le présentateur ne présente pas un biais réel ou potentiel.

# Objectifs d’apprentissage

- **Relier** les habitudes alimentaires aux principales maladies buccodentaires évitables, dont la carie dentaire.
- **Décrire** la dentisterie culinaire comme sous-discipline complémentaire de la Médecine culinaire.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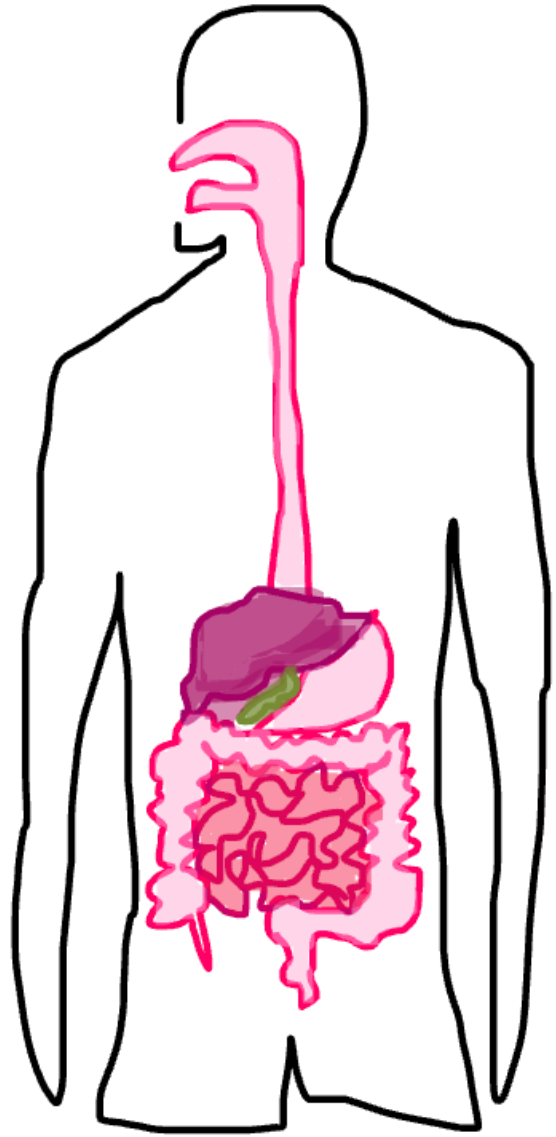
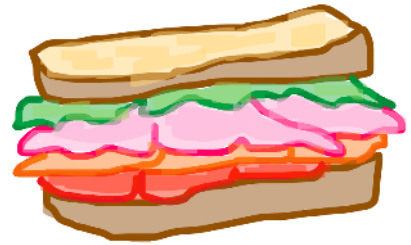
DAIRY
MILK













# Données du Global burden of disease

**Carie non-traitée**
(dentition 2e) estimée à =
**2.26 milliards en 2050**

**Parodontite sévère =**
**1.1 milliard cas en 2019**

GBD 2021 Collaborators. Lancet. 2025.
Li X et Li R et al. Int Dent J. 2025.
International Diabetes Federation. 2025.
Chen MX, Zhong YJ et al. J Clin Perio. 2021.

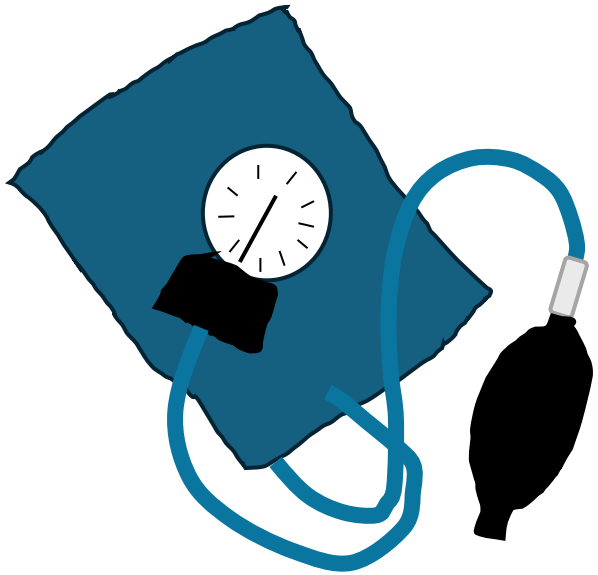
# Synergies : Affections buccales et santé générale

« There is emerging evidence to support the existence of a two-way relationship between diabetes and periodontitis, with diabetes increasing the risk for periodontitis, and periodontal inflammation negatively affecting glycaemic control. » Prenshaw PM et Alba AL et al. Diabetologia. 2012.

«The present study shows how the control of periodontal disease through non-surgical periodontal treatment can reduce the severity of rheumatoid arthritis. » Dolcezza S, Flores-Fraile J et al. J Clin Med. 2024

« We discovered that diabetes mellitus, enteric infections, oral cancer and nutritional deficiencies were closely related to caries of the permanent teeth » Li X et Li R et al. Int Dent J. 2025.

# Maladies non-transmissibles





Ce qu'on MANGE

BOIT

FUME

Affections systémiques

| |
|---|
| MCV |
| Cancer |
| Diabète |
| Maladies respiratoires |

Affections buccodentaires

| |
|---|
| Parodontite |
| Cancer buccal |
| Carie dentaire |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# Conseils nutritionnels par professionals de la santé buccodentaire au Canada

## D1310

**Hygièniste dentaire (HD)**

F.1.1 Provide oral and overall health education to others.
F.1.3 Develop learning plans based on identified needs.

**Dentiste (DMD-DDS)**

13. Promote measures to prevent systemic oral disease/injury in response to identified risks.
39. Communicate effectively, using a patient-centred approach, with patients, parents, guardians, staff, peers, other health professionals, social-service professionals and the public.

**Dental Therapy Scope of Practice**

Teach and communicate effectively at all levels to promote health and prevent oral disease.
Plan, develop and initiate strategies designed to prevent oral disease from occurring.
Plan, develop and initiate strategies to minique the impact of existing oral disease through clinical interventions and broader-based strateges.

Federation of Dental Hygiene Regulators of Canada. Entry-To-Practice Competencies and Standards for Canadian Dental Hygienists, 2021.
Canadian Dental Regulatory Authorities Federation. KSA's for a Beginning Dental Practioner in Canada, 2024.
Saskatchewan Dental Therapists Association. Scope of Practice for Dental Therapists, Date unknown.

# Formation en nutrition pour le DMD

**MDD-1312 Prévention dentaire et nutrition** – 4 crédits

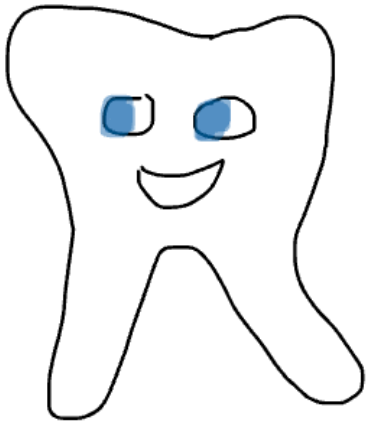
co-enseignement avec nutritionniste

cours didactique et clinique

**MDD-2403 Dentisterie opératoire III** – 2 crédits

participation nutritionniste en clinique : interventions au niveau d'individu

cours clinique



**MDD-2209 Clinique ACCES** – 6 crédits

participation de 2 nutritionnistes : interventions au niveau d'individu et volet insécurité alimentaire

cours clinique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European Journal of Dental Education

ORIGINAL ARTICLE | Open Access

## Nutrition Education and Practice in University Dental and Oral Health Programmes and Curricula: A Scoping Review

Minako Kataoka, Lee Ann Adam, Lauren Elizabeth Ball, Jennifer Crowley, Rachael Mira McLean

First published: 29 October 2024 | https://doi.org/10.1111/eje.13045 | VIEW METRICS

«Students were not confident in their skills to provide nutrition care.»

Home > Discover Public Health > Article

## Why prevention is failing in oral health and a wake up call for rethinking strategies for the world's most widespread non communicable disease (NCD)

Perspective | Open access | Published: 30 May 2026

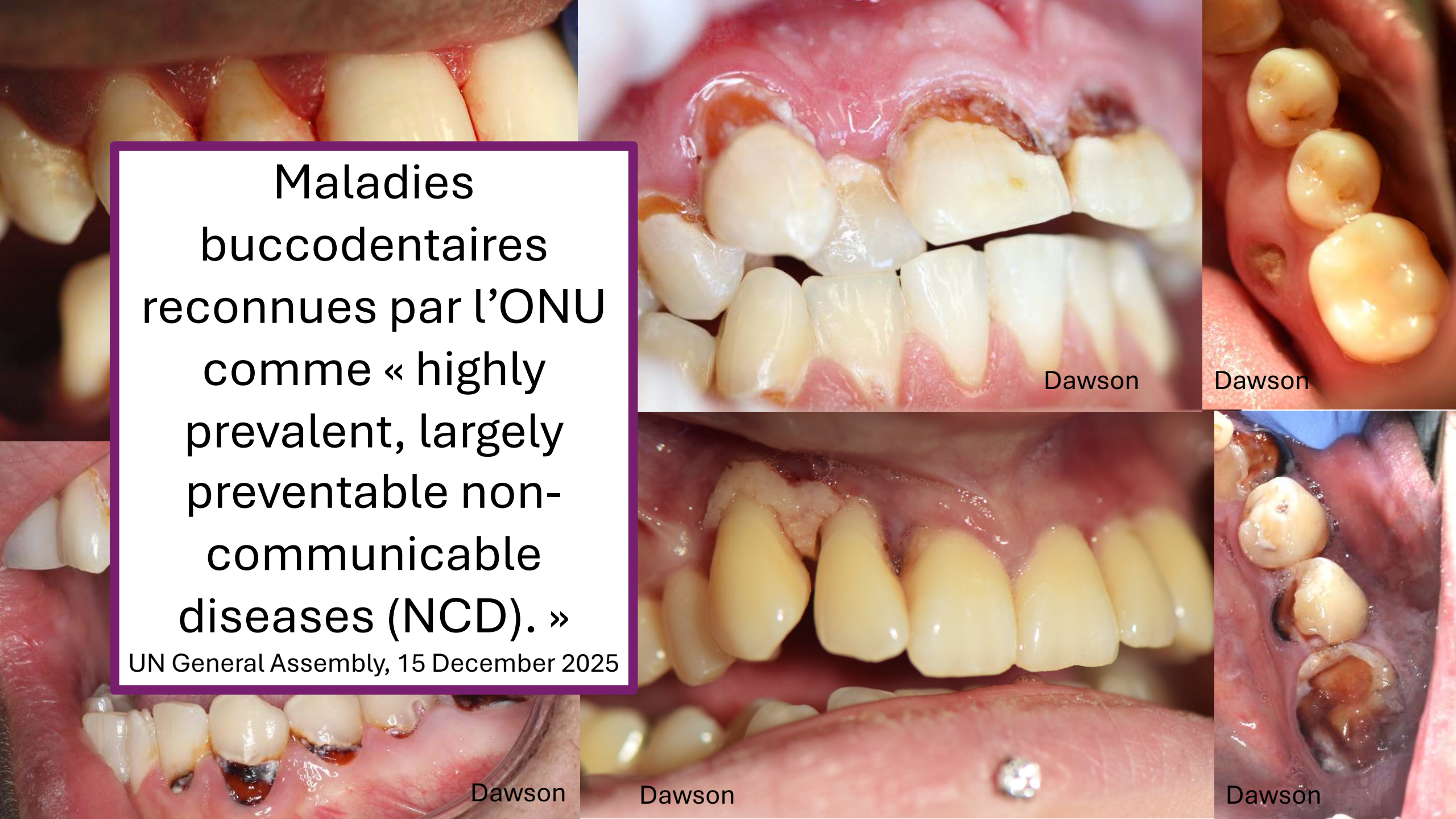
Volume 23, article number 801 (2026) Cite this article

«Telling individuals to "reduce sugar" is ineffective when ultra-processed foods and sugary drinks are aggressively marketed, subsidised, and cheaper than healthier alternatives.»

## Diet and Nutrition Integration in Dental Education: A Scoping Review

Constanza E. Fernández[1,2] | Maria Jose Torre[1] | Cesia J. Vargas[1,2] | Cristobal A. Aravena[2] | Javiera Santander[2] | Teresa A. Marshall[3]

«Integrating nutrition education in the early stages of the dental curriculum is crucial for establishing a strong foundation of knowledge that can later be applied in clinical practice. »


Maladies buccodentaires reconnues par l'ONU comme « highly prevalent, largely preventable non-communicable diseases (NCD). »
UN General Assembly, 15 December 2025
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# Déjà à la recherche du concret 2017 - 2026



Amélie Charest, DtP

Elise Carbonneau, DtP




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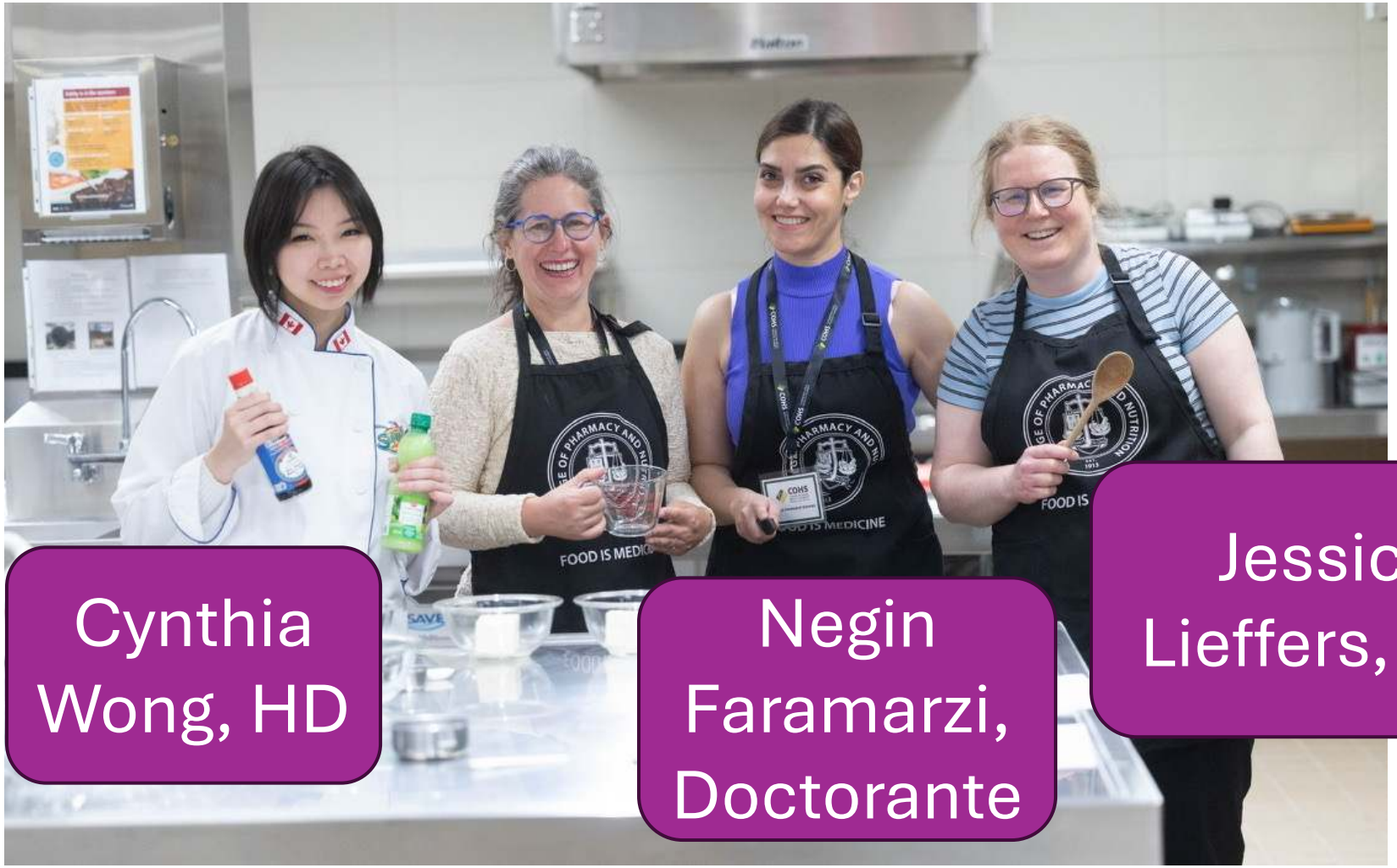
# Vers la Dentisterie culinaire ?



# Canadian oral health summit
# Juin 2026 à Saskatoon










Carie

Parodontite

MCV

Maladies respiratoires

Diabète

Cancer

