

# Anne O. Rice

Health Educator . Dental Clinician . Speaker



*"... an engaging speaker with an immense amount of knowledge concerning the connection of oral health to overall health. She captivates her audience resulting in great interaction."*

**LORI HARE, DDS, FAGD**

*"She sheds new light on current research and provides ways to apply this in everyday practice."*

**COURTNEY JOHNSON, DDS**

*"Anne shows great passion and is a wonderful educator and resource. The content and information in her seminars provide the most up to date information to treat dental patients and promote their overall well being."*

**ANGELA WEST, RDH**

*"No nonsense, to the point yet charismatic and engaging."*

**JOSEPH J. MASSAD, DDS, MASSAD LEARNING CENTER**

*"We need an army of people like Anne Rice to help this nation become a whole lot healthier."*

**DR. CHRIS KAMMER, DDS**  
CO-FOUNDER AND PAST PRESIDENT, AMERICAN  
ACADEMY FOR ORAL SYSTEMIC HEALTH

## ORAL SYSTEMIC SEMINARS

*Healthy Body Healthy Mind*

**[www.anneorice.com](http://www.anneorice.com)**

**918.633.0211**

Anne Rice, RDH, BS in Oral Health Promotion is an expert speaker on the oral-systemic link research and education. A 30+ year dental hygienist, she's observed the impact of periodontal inflammation on a wide range of diseases and conditions including Alzheimer's Disease. Her mission is to empower dental healthcare professionals as entry points for comprehensive assessment and recommended protocols to shift the trajectory of Alzheimer's. She also inspires and equips the general public with best health practices and prevention strategies against Alzheimer's and other diseases.

### Your MIND Your BODY: How Sleep Impacts Alzheimer's

Good sleep practices that minimize sleep disruption reduce risk factors for Alzheimer's.

- Understand critical sleep activities related to memory storage and clearing brain toxins.
- Differentiate between obstructive sleep apnea, upper airway resistance, nasal breathing and mouth breathing.
- Formulate a sleep hygiene system to improve cognitive health.

### Memory Loss is NOT a Normal Part of Aging

- Three ways to improve memory TODAY.
- The critical component of sleep and tools to improve it.
- Memory factor risks and protections.

### Cognitive Decline: What Every Woman Needs To Know

- Lifestyle as medicine.
- Create ways to improve cognitive reserve.
- Nine Alzheimer's risk factors.



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MEMBER OF

American Dental Hygienists' Association  
American Academy for Oral Systemic Health  
Texas Oral Health Coalition

PREMIER MEMBER OF

Women Speakers Association