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DEN 1100- Greater New York Dental Meeting- Writing assignment

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**Part 1**

On my visit to New York Dental Meeting at Javits Center on December 1st, I found an interesting poster presentation, “Green Tea and Its Effects on Oral Health.” This was to me most interesting and worthy of receiving the first prize. The presentation was attractive, the visual appearance was very rich and eye-catching. The communication to its readers was very vivid and clear. The depth of knowledge was very strong. The topic was very innovative with respect to Dental Hygiene as well.

The visual appearance of the presentation “Green Tea and Its Effects on Oral Health” was very professional and the presenter outlined the topic clearly using powerful body language and maintaining good eye contact, which is a very important type of nonverbal communication. He also used hand gestures and engaged and reinforced his main points with the audience. The information of the poster started with the introduction and followed by the body, conclusion and references. Each part of the presentation contained large and clear letters, which made possible for someone to go through the presentation and be able to understand and comprehend the topic as well as pick up the important information. This poster was the one that really caught my attention because as I personally love to drink green tea and it was interesting to find out how green tea can really affect the oral cavity. The use of pictures and graphs which explained what kind of green tea exist, and which ones are the most helpful to maintain healthy oral cavity.

The presenter was very professional, he was well spoken and was very knowledgeable, delivering his information in a very informative way. He started his presentation with an overview of what green tea is, where it was derived from, how it can affect to out oral health, and what are the general benefits and how it can benefit the dental hygiene field. He explained how Green tea is the most popular drink that is consumed in the world. He also noted that that the infusion of leaves of Camellia Sinensis has the most significant effects on human health. He showed with clear pictures that there are many different types of green tea, there are green tea in bags, loose green tea leaves and matcha green tea which contain antioxidants polyphenol. The most health- promoting effect of green tea was the polyphenol which represented 30% of fresh leaf dry weight. Polyphenol is a compound that is found in plants. It can be of great benefit in heart disease, cancer bone loss, and reducing inflammation. Indeed, there are four types of antioxidants that can help to the oral cavity as well, to protect the cells and tissue from damage. The four antioxidants: Epicatechin, epigallocatechin, epicatechin-3-gallate and epigallocatechin **(EGCG)**. EGCG is the most powerful antioxidant that is found in green tea and helps to reduce gingival inflammation and protect dental diseases such as gingivitis, tooth decay, periodontitis and halitosis. Furthermore, he explained the antimicrobial effects of the green tea. He explained that based on the study that was done, it showed that green tea can inhibit bacterial growth by binding the bacterial cell and inhibit their enzymes from being activated. The enzyme that he mentioned was the Streptococcus Mutans, that is found in the saliva and plaque and associated with caries. In addition to drinking green tea, there is another thing that he mentioned, which is that not only by drinking green tea to optimize oral health, but also by using tooth paste, toothbrushes and string flosses one can maintain a healthy oral cavity, which is further enhanced by use of Camelia Sinensis.

I believe that the presenter did a great job by introducing the topic about the effects of green tea in the oral cavity. This topic was most interesting and eye catching for me. The research topic relates to dental hygiene because majority of us consume green tea on a daily basis and it is not surprising that it has so many benefits. It can help us reduce periodontal pocket depth, clinical attachment, loss of gingival tissue and bleeding upon probing. The antioxidants that are present in the green tea can reduce periodontal bacteria. It is also related in a way that it can reduce oral bacteria. We all want to have good oral health therefore instead of drinking unhealthy beverages such as: soda, and many other drinks that contain a lot of sugar it’s better to consume green tea which can help us with periodontal health.

**Part 2 – References:**

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* Jenabian, N., Moghadamnia, A. A., Karami, E., & A, P. B. M. (2012). The effect of Camellia Sinensis (green tea) mouthwash on plaque-induced gingivitis: a single-blinded randomized controlled clinical trial. DARU Journal of Pharmaceutical Sciences, 20(1). doi: 10.1186/2008-2231-20-39

**Part 3**

It has been a great experience attending the “New York Dental Meeting”, I found it extremely valuable and intriguing because I was given the opportunity to interact with so many people who have similar interests and goals such as myself. It was a new environment for me personally to see a wide array of technology and advancements in our field. It allowed me to connect my theoretic knowledge with the real world. I am very glad and grateful for the opportunity that I was given, I have had the privilege in what and how dental conventions look like. I have learned many things from the participation in this meeting. This was a great experience and incredible opportunity and I’m looking forward to the next chapter of my academic career and participating to this kind of meetings. The entire experience has also given me the realization that there is still so much more to learn about the dental field and in due time I will have the opportunity to learn more and attend this meeting every year and hopefully be able to offer something of my own to this field whether it is my own experiences or ideas.