



MIKE CZUBIAK, DDS

SPEAKER, PODCASTER, AUTHOR

"Dr Mike was awesome, I've never laughed so hard during a dental class"

"I found his passion and knowledge very inspiring, I feel changed"

PRONOUNCED "ZOO-BEE-ACK"

Duration of this presentation can be 1-8 hours

Hygiene Superstar 1

the oral/systemic link

Oral health is systemic health. This course will discuss the latest knowledge, tools, and products that allow Hygiene Superstars to give periodontal disease the fight that it deserves.

Learn how to become a Hygiene Superstar by moving past just doing cleanings and instead start changing lives.

Learning Objectives

- Understand the mouth/body connection
- Changing the clinical goals of the hygiene appointment
- Evaluation of products and procedures new and old



Duration of this presentation can be 1-4 hours

Hygiene Superstar 2

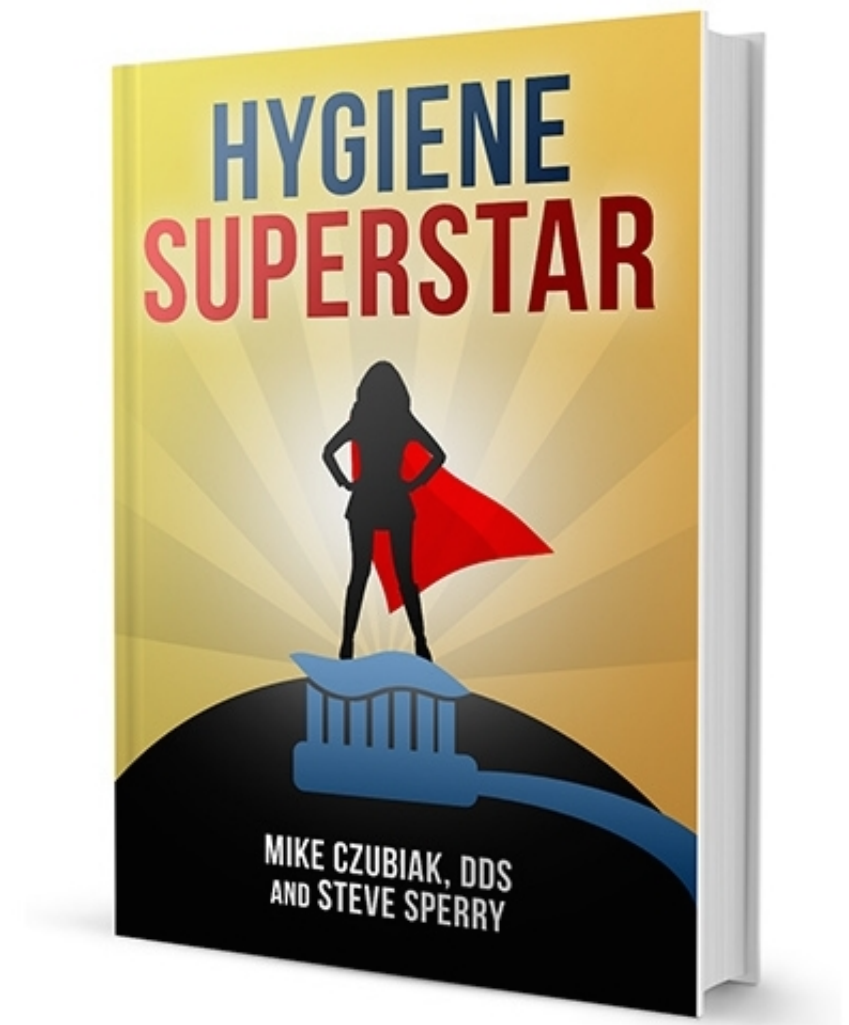
implementation and protocols

Learn how to implement the most effective protocols and procedures available to reduce biofilm and inflammation in ways that only a Hygiene Superstar would.

Simple hacks that will bring you and your patients together in this fight. See how motivation, communication skills, and technology will make your life as a dental hygienist easier and more satisfying than ever.

Learning Objectives

- Understand what the perfect recare visit should look like
- Learn how to individualize therapy and homecare
- See why the future is GBT, PT, LBR, O3, LANAP, MFT and other career changing acronyms



Duration of this presentation can be 1-4 hours

Sleeping, Breathing, and Thriving

the hygienist's new role

Learn how a skinny nose, a tongue that is too big, or crowded lower anteriors can be the cause of poor sleep and breathing. This can lead to an increase in the risk of heart attacks and strokes as well as quality-of-life issues such as anxiety, depression, fatigue, and forgetfulness.



We can help.

Learning Objectives

- Understand the health consequences of a compromised airway
- Learn how to identify risk factors for sleep-disordered breathing
- Understand what we can do to help patients breathe better

Duration of this presentation can be 1-3 hours

Hiring, Firing, and Inspiring creating a self-directed team

Most dentists will agree that the most stressful part of being a dentist is employment issues and at the top of the list, firing people.

Learn how to assemble your very own dream team and just as importantly, how to manage and lead your team so that they will do exactly what you want them to do.

Learning Objectives

- Understand who should be on your team
- Learn a nonconfrontational method of firing an employee
- See how to keep, motivate, and grow your team



Duration of this presentation can be 1-3 hours

Culture Change Your Way to Freedom

creating a great work environment

Bad habits are easy to form and seemingly harder to change. That goes for individuals as well as teams. Left unchecked, bad habits become a part of your office's culture and can damage productivity and morale.

Dr Mike teaches practical steps to create a workplace that is happy, satisfying and conducive to all things good in your practice.

Learning Objectives

- Learn how to eliminate culture crushing bad habits
- Understand how a team can carry you to freedom or away from it
- Learn how to develop a self-directed, self-motivated team that wins



Duration of this presentation can be 1-8 hours

Sleep and Breathing Playbook

dentistry's role...simplified

It's out there and it's affecting your patients. Sleep apnea has less than a 20% diagnosis rate. What is our role in screening and improving the breathing health of our patients? What do we need to know? How do we integrate it into our busy practices? How do we treat it?



Learn about our opportunities that go beyond mandibular advancement devices and referrals for CPAPs. Improving the anatomy of our patients' airways is key and WE are in the perfect spot to do just that.

Learning Objectives

- Understand your role in screening for breathing and airway problems
- Identify sleep-disordered breathing in our dental patients
- Protect patients' teeth and your restorations by protecting their airways



MEET DR MIKE

Dr Mike is a general dentist, author, and podcaster. He graduated from UCLA in 1988 and created a complete health practice in Camarillo, California. He wrote the book Hygiene Superstar to illuminate the connection between oral health and overall health. He loves talking about inflammation reduction, airway, culture, and leadership. He can be heard hosting 3 podcasts—Uncomfortable Dental Conversations, Hygiene Superstar, and the Camarillo Smiles Dental Podcast.

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PAST PRESENTATIONS

- Chicago Midwinter Meeting
- CDA Presents
- Oregon Dental Conference
- Illinois Dental Hygiene Association
- Academy of General Dentistry