

## Today's Speaker

### Dr. Caldwell B. Esselstyn, JR., MD

Caldwell B. Esselstyn, Jr., received his B.A. from Yale University and his M.D. from Western Reserve University. In 1956, pulling the No. 6 oar as a member of the victorious United States rowing team, he was awarded a gold medal at the Olympic Games. He was trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star. Dr. Esselstyn has been associated with the Cleveland Clinic since 1968. During that time, he has served as President of the Staff and as a member of the Board of Governors. He chaired the Clinic's Breast Cancer Task Force and headed its Section of Thyroid and Parathyroid Surgery.

In 1991, Dr. Esselstyn served as President of the American Association of Endocrine Surgeons, That same year he organized the first National Conference on the Elimination of Coronary Artery Disease, which was held in Tucson, Arizona. In 1997, he chaired a follow-up conference, the Summit on Cholesterol and Coronary Disease, which brought together more than 500 physicians and health-care workers in Lake Buena Vista, Florida. In April, 2005, Dr. Esselstyn became the first recipient of the Benjamin Spock Award for Compassion in Medicine. He received the Distinguished Alumnus Award from the Cleveland Clinic Alumni Association in 2009. Dr. Esselstyn received the 2013 Deerfield Academy Alumni Association Heritage Award In Recognition of Outstanding Achievement & Service, and the 2013 Yale University GEORGE H.W. BUSH '48 LIFETIME OF LEADERSHIP AWARD.

His scientific publications number over 150, "The Best Doctors in America" 1994-1995 published by Woodward and White cites Dr. Esselstyn's surgical expertise in the categories of endocrine and breast disease. In 1995 he published his bench mark long-term nutritional research arresting and reversing coronary artery disease in severely ill patients. That same study was updated at 12 years and reviewed beyond twenty years in his book, Prevent and Reverse Heart Disease, making it one of the longest longitudinal studies of its type.

Dr. Esselstyn and his wife, Ann Crile Esselstyn, have followed a plant-based diet for more than 26 years. Dr. Esselstyn presently directs the cardiovascular prevention and reversal program at The Cleveland Clinic Wellness Institute.

### Dr. John Johnson

Dr. John W. Johnson Graduated from The Ohio State School of Dentistry in 1984. A lifetime resident of Ohio, John was raised in Yellow Springs and has practiced in the Central Ohio since graduating from dental school. Dr Johnson is a member of the ADA, ODA Board Member of the CDS, President Midwest Tucker Gold Study Club, Accredited member AOMT and Fellow in the AGD. He speaks on Holistic Dentsitry, Conservative Cast Gold, and the Payment at Time of Service Dental Practice.

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### DIRECTIONS

Villa Milano is 1 mile west of Cleveland Avenue, just east of Karl Road at 1630 Schrock Road Columbus, OH 43229.

**From I-270**, exit at Cleveland Avenue North. Schrock Road is the first intersection. Turn left onto Schrock. Villa Milano is approximately 1 mile on the north, or right side of Schrock Road.

**From I-71**, exit at Route 161. Go east 161 to Karl Road. Turn left onto Karl Road. Karl runs through a residential area and dead-ends at Schrock Road. Turn right onto Schrock. Villa Milano is on the north, or left side of Schrock Road.

## THE CENTRAL OHIO ACADEMY OF DENTAL PRACTICE ADMINISTRATION (C.O.A.D.P.A.)

Proudly Presents

**Dr. Caldwell B. Esselstyn, JR., MD**

and

**Dr. John W. Johnson, DDS**



To present

**"Nutrition and Heart Disease"  
"Ozone Therapy in Dentistry"**

**Friday, March 6<sup>th</sup> 2015**

**8:00am - 4:00pm**

The Villa Milano  
1630 Schrock Rd.  
Columbus, Ohio 43229  
614-882-2058

**7 CE Credits**

## Program Synopsis

### “Nutrition and Heart Disease”

Can you accept the greatest gift you, your family or friends can ever receive? This educational program with Caldwell B. Esselstyn, Jr., M.D., author of the best selling Prevent and Reverse Heart Disease can show you how to become heart attack proof.

Dr. Esselstyn’s pioneering research studies will engage you and his clinical strategies on how to eliminate the nation’s number one killer and will enable you to forever put to rest the haunting fear of a stroke or heart attack.

### “WHOLE FOOD NUTRITION”

Ann Esselstyn is a relentlessly energetic and creative advocate for the plant-based, whole-food way of life. She has devoted herself to inventing recipes to prevent and reverse heart disease in support of the research of her husband, Dr. Caldwell Esselstyn, Jr. Ann never stops looking for ways to bring that important agenda to delicious life, devising ever more practical and powerful ways to shop, cook, and engage even the most reluctant eaters in the plant-perfect diet.

### “OZONE THERAPY IN DENTISTRY”

Dr. Johnson will discuss the critical facts about Ozone/Oxygen Therapy in Dentistry. Explaining how it works and how it can help your patients’ dental care. He will also talk about the science to support Oxygen/Ozone Therapy.

## Conference Schedule

7:45 -8:00am	Registration
8:00- 12:00pm	Conference
12:00-1:00pm	Lunch
1:00-4:00pm	Conference

The Central Ohio Academy of Dental Practice Administration is one of central Ohio’s oldest continually functioning dental organizations. Its primary goal has always been to contribute to the education and excellence of its members and their team.

Over the past 40 years, the Academy has proudly presented speakers and presentations for the education and enjoyment of our members. Our most recent speakers who have inspired us; Jim Bisenuis, Dr. Wakelin, Rick Pereira, Dr. Steven Douglas, Dr. Howard Farran, Tom Limoli, Dr. Bob Willis, Dr. Nate Booth, Walter Hailey and the Dental Boot Camp, Dr. Tom Orent, Jackie Dorst RDH, Suzzane Boswell, Dr. Paul Homoly, Joy Millis RDH, Barbara J. Steinberg, Joe Dillon, Bobbi Anthony, Dr. Thomas Abrahamsen, Gary Henschen and the E-Dentist.

## Save With A Membership!

A membership to the COADPA is a wonderful way to better yourself and your office. By attending our conferences, you are providing Continuing Education for your team, which can only increase your office production. We offer “Great Speakers at a Great Price”. For less than the cost of a guest conference fee, you can become a member today! For more information about becoming member, please see Dr. Bezbatchesko.

*We encourage you to take advantage of our cost saving price for membership.*

## Conference Fees

Member Fee: Doctor, Team Member or guest of Doctor:

**\$75/person**

Non Member Doctor Fee: **\$200**

This fee covers the speakers, facilities, refreshments, and lunch

**Please submit all payments by Monday, February 23<sup>rd</sup> 2015 to reserve a seat.**

Due to the large number of invitees, please reserve soon, as there are a maximum number of guests who can attend. Make checks out to the COADPA and send to our treasurer:

**Stephen Malik D.D.S.**  
180 Commerce Park Drive  
Westerville, Ohio 43082  
Phone: 614-882-6741  
Fax: 614-882-6718

## *Future Meetings*

**SAVE THE DATE!!!**  
**October 9<sup>th</sup> 2015**