



## **Dr. Sarah Balaster**

*Board Certified in Periodontics and Dental Implant Surgery  
Inspiring Clinical Leader, Speaker, and Clinical Expert*

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Dr. Sarah Balaster is a national speaker known for her engaging presentations on periodontics, laser dentistry, and the oral-systemic health connection. She has spoken at conferences and virtually for audiences ranging from intimate dinners to over 1,700 attendees, consistently delivering actionable insights for improving patient care.

Dr. Sarah Balaster received her Doctor of Dental Medicine from Rutgers School of Dental Medicine and her certificate in Periodontics from New York University College of Dentistry. With a Bachelor of Arts in Fine Arts from Wesleyan University, she combines her expertise in art and science to help patients achieve both esthetic and healthy smiles. A clinical leader with over a decade of experience, Dr. Balaster has also served as Chief Dental Officer at a DSO, overseeing 45 specialty offices and 960 hygiene providers across 400 dental offices. Her expertise includes minimally invasive surgical therapies such as LANAP, gum grafting, and Laser-Assisted Dental Implant placement. As an instructor for the Institute of Advanced Laser Dentistry, she trains dentists nationwide in laser techniques, with a focus on evidence-based biological principles and personalized patient care. A prolific author, Dr. Balaster's work has been featured in peer-reviewed journals and trade magazines, covering topics like laser dentistry innovations, biofilm therapy, and soft tissue grafting. Dr. Balaster is passionate about advancing the field of periodontics, inspiring her peers by leading through example and serving as a role model in clinical excellence, patient care, and professional development.

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## Laser Periodontal Therapy

Discover the latest in minimally invasive laser treatments for periodontal and peri-implant disease. This topic explores how laser-assisted therapies like LANAP (Laser-Assisted New Attachment Procedure) can achieve advanced clinical outcomes with reduced pain and recovery time for patients suffering from mild to severe periodontal and peri-implant disease.

## The Oral-Systemic Health Link

Uncover the crucial connection between oral health and overall systemic wellness. Discover how oral diseases like periodontitis can impact conditions such as diabetes, cardiovascular disease, and pregnancy outcomes, emphasizing the importance of a comprehensive approach to patient care.

## Biofilm Management

Explore advanced approaches to periodontal maintenance, focusing on the critical role of biofilm control in preventing disease progression. Topics include air polishing, laser technologies, and the use of chemotherapeutics to maintain long-term periodontal health for both patients and practitioners.

## Xerostomia

Xerostomia (dry mouth) is often overlooked but can have significant effects on oral health and patient well-being. With 1 in 4 of our patients suffering from this condition it is imperative to understand the underlying causes, diagnosis, and treatment options. A comprehensive look at managing dry mouth to improve patient comfort and oral health outcomes will grow almost any clinical practice.

## Periodontal Disease Staging and Grading

Stay current with the latest protocols for accurately diagnosing, staging, and grading periodontal disease. Breaking down the modern classification systems helps clinicians better communicate and tailor treatment plans for optimal long-term results.

## Provider Well-Being: Minimizing Burnout Through Technology and Lifestyle Changes

Dentistry can be physically demanding and mentally draining. Understanding how technology, ergonomics, and lifestyle adjustments can prevent burnout is a topic in high demand. Exploring how value-based care affects practice growth and patient well-being can reveal insights that not only enhance our practices but also inspire and improve our own lives as clinicians.

## Minimally Invasive Gum Grafting

Learn about cutting-edge techniques in gum grafting that prioritize patient comfort while enhancing esthetics and function. These minimally invasive procedures not only improve gum health but also restore confidence with beautiful, natural-looking results.

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## **Credentials and Affiliations:** full cv available upon request

- Diplomate, American Board of Periodontology
- Member, American Dental Association
- Certified Instructor, Institute for Advanced Laser Dentistry
- Licensed in New York, New Jersey, Connecticut, Colorado, and California

Dr. Balaster's presentations are highly sought after for their clarity, relevance, and immediate application to clinical practice, making her an exceptional speaker for both intimate gatherings and large-scale events.

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Below is a selection of Dr. Sarah Balaster's current presentations, complete with abstracts and learning objectives. Custom presentations and topics are available, and existing decks can be tailored to meet specific criteria such as credit hours, audience size, or thematic focus.



## **Comprehensive Analysis of Periodontal Staging and Grading: Diagnosis and Assessment**

ICE – Target Audience Hygiene

This course offers a detailed examination of periodontal staging and grading, focusing on the diagnostic criteria and assessment methods essential for effective periodontal care. Participants will gain a thorough understanding of how to stage and grade periodontal diseases accurately, which is crucial for tailoring treatment plans and selecting appropriate therapeutic tools. The course will cover the latest guidelines and classifications, integrating real-world case studies to illustrate practical applications and improve diagnostic skills.

- **Understand Periodontal Staging and Grading:** Learn the principles and criteria for accurately staging and grading periodontal diseases according to current classification systems.
- **Assessing Periodontal Health:** Explore the methods for assessing periodontal health, including clinical and radiographic evaluations.
- **Interpreting Diagnostic Information:** Gain skills in interpreting diagnostic data to inform treatment decisions and optimize patient care.
- **Selecting the Right Tools for Care:** Understand how accurate diagnosis and staging influence the selection of appropriate tools and techniques for effective periodontal treatment.

## **Conquering Dry Mouth: Revolutionary Insights and Solutions Amidst the Challenges of Polypharmacy, Aging, and Systemic Conditions**

2CE - Target Audience: Dentists, Dental Specialists and Hygienists

Participants will gain a thorough understanding of the prevalence and etiology of xerostomia, exploring its underlying causes and impact on patients' quality of life. Attendees will learn how to incorporate evaluative

salivary assessments into clinical practice, enabling accurate diagnosis and tailored treatment plans. The course will cover innovative strategies for effectively treating xerostomia, including the latest evidence-based therapies. Participants will be equipped with skills to identify and screen for dry mouth, coach patients on self-care and lifestyle modifications, and compare various treatment options. The course will also delve into the risks, benefits, and alternatives of different therapies to ensure informed decision-making. By the end of the course, attendees will be prepared to enhance patient care and manage xerostomia with confidence.

- Understand the prevalence and underlying causes of xerostomia (dry mouth)
- Be able to compare various dry mouth therapies, understanding their risks, benefits, and alternatives to select appropriate treatments based on patient needs.
- Identify the causes of dry mouth and implement screening methods to detect it early.
- Develop a means to coach patients on managing xerostomia, including self-care techniques and lifestyle adjustments.

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## **The Biofilm Bonanza: What's That Slime Got to Do with Periodontal Disease?**

ICE – Target Audience Hygienists and Dentists

Dive into the gooey world of biofilm and uncover its crucial role in periodontal disease management. This engaging 1 CE course explores biofilm's impact on periodontal health and provides practical strategies for managing it through treatment, maintenance, and prevention. We'll cover traditional periodontal approaches, air polishing devices, biofilm therapy, chemotherapeutics, and lasers, offering a comprehensive toolkit for tackling those pesky microbial colonies. Prepare for a fun and informative session that will leave you ready to conquer biofilm in your practice.

- Understand Biofilm Formation: Learn what biofilm is, how it forms, and its role in the development and progression of periodontal disease.
- Explore Traditional Periodontal Disease Management: Review conventional methods for biofilm control and their effectiveness in periodontal treatment.
- Discover Advanced Tools: Gain insights into the use of air polishing devices, chemotherapeutics, and lasers for biofilm management and their benefits in periodontal care.
- Implement Strategies for Prevention and Maintenance: Develop strategies for incorporating biofilm management into your practice to improve long-term patient outcomes and prevent recurrence of periodontal issues.

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## **Help Me Help You: Self-Care Strategies and Patient Empowerment for a Healthier Practice**

ICE Target Audience Hygienists can be adapted for Dentists & Hygienists

With burnout rates rising, it's essential for healthcare providers to prioritize self-care to sustain their ability to deliver excellent care. This course offers practical strategies for managing burnout by focusing on what you can control and letting go of what you can't. You'll also learn effective techniques for navigating difficult conversations, educating your patients, and empowering them to take charge of their own health. By integrating these strategies, you can alleviate some of the burdens from your plate while enhancing patient outcomes and making your practice more efficient.

- Identify Key Self-Care Strategies: Discover practical self-care methods to manage burnout and maintain personal well-being.
- Focus on Controllables: Learn techniques for concentrating on aspects you can control while letting go of those you cannot.
- Navigate Difficult Conversations: Acquire skills for handling challenging discussions with patients and educating them effectively.
- Empower Your Patients: Implement strategies to empower patients, helping them manage their own health and reduce the burden on your practice.

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## **Implants Health and Maintenance; Diagnosis and Preventing Peri-implantitis**

2CE - Target Audience: Dentists and Hygienists

This course provides an in-depth exploration of managing inflammation and disease around dental implants,



comparing these challenges with those related to natural teeth. Participants will learn about peri-implant mucositis and peri-implantitis, their contributing factors, and risk assessments. The course covers effective strategies for disease assessment, maintenance, and the use of advanced tools such as laser therapy. By understanding these concepts and techniques, attendees will enhance their ability to maintain and treat dental implants, leading to improved patient outcomes.

- Differentiate Between Implants and Natural Teeth: Understand the similarities and differences in managing inflammation and disease around dental implants compared to natural teeth.
- Identify and Manage Peri-Implant Mucositis and Peri-Implantitis: Learn the signs of peri-implant mucositis and peri-implantitis, their progression, and effective treatment options for each condition.
- Assess Contributing Factors and Risks: Utilize risk assessment tools to evaluate factors contributing to peri-implant diseases and develop personalized management strategies.
- Implement Effective Maintenance Protocols: Develop and apply maintenance protocols, including professional cleaning and home care recommendations, to ensure the long-term success of implants.
- Incorporate Advanced Tools and Techniques: Explore the use of lasers, air polishers, and other advanced tools for effective implant maintenance and treatment, enhancing overall patient care.

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### **Course Title: Lasers in Periodontics: Advancing Dentistry for a New Era**

2CE - Target Audience: Dentists, Dental Specialists and Hygienists

This course delves into the transformative role of lasers in periodontics, providing a comprehensive understanding of periodontal disease and innovative treatment approaches. Participants will explore the root causes of periodontal disease, examine the use of common antibiotics and antibacterial agents, and discover the principles behind laser therapy. The course will cover clinical indications, contraindications, and the advantages of laser technology in periodontics. Attendees will gain valuable insights into how lasers can enhance patient outcomes, reduce treatment invasiveness, and advance modern periodontal care.

- Understand the root causes of periodontal disease and its impact on oral health.
- Identify the role of antibiotics and antibacterial agents in managing periodontal infections.
- Comprehend the principles and science behind laser therapy in periodontics.
- Assess clinical indications and contraindications for the use of lasers in periodontal treatments.
- Evaluate the advantages of laser therapy over traditional methods in enhancing patient care and outcomes.

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### **Managing Peri-Implantitis: Leveraging Laser Technology for Enhanced Treatment Outcomes**

1.5 CE - Target Audience: Dentists, Dental Specialists and Hygienists

This course introduces dental professionals to managing peri-implantitis using advanced laser technology adapted to overcome limitations of traditional treatment methodologies. Highlighting the Laser-Assisted Peri-Implantitis Procedure (LAPIP™), the course covers how lasers can clean implant surfaces and support tissue healing. Attendees will learn the basics of laser therapy, review practical case studies, and explore ways to integrate this technology into their practices to enhance patient care and support practice growth.

- Understand peri-implantitis and limitations of traditional treatments.
- Explore laser therapy fundamentals and tissue interactions.
- Introduction to the LAPIP™ protocol and review clinical outcomes.
- Identify indications, contraindications, and patient considerations for laser use.
- Learn how integrating laser technology can enhance patient care and practice growth.



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