



DENTIST

MAY '24

AMANDA HOFFMEISTER, DDS

THE GREEN DENTIST

THE GREEN DENTISTRY ISSUE

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I want to begin by expressing my deepest apologies for the delay in bringing you this issue. We understand how eagerly you await each new edition, and we sincerely appreciate your patience. What we have compiled in this May issue will be a valuable resource for anyone interested in green dentistry, a field that is increasingly important for both dental professionals and patients alike.

The idea for this issue was sparked by an insightful live Instagram session with Amanda Hoffmeister, our cover feature, who inspired us to delve deeper into the world of sustainable dental care. Amanda's passion for environmental responsibility and her innovative approach to dentistry has been truly enlightening, and we are excited to share her insights and expertise with you.

In this issue, we explore the fascinating intersection of oral health and sustainability through several in-depth articles.

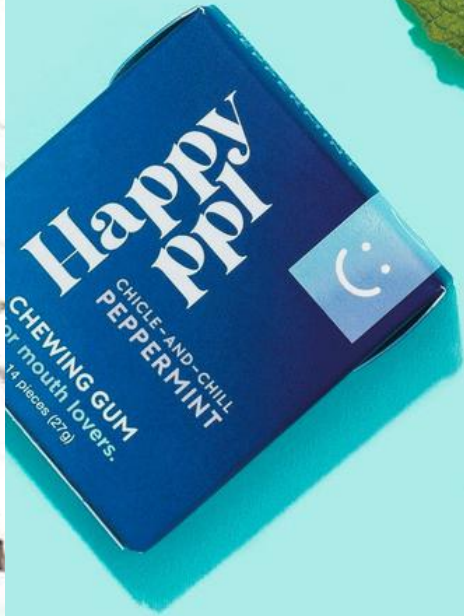
As dental professionals, it is crucial to stay informed about the latest advancements in sustainable practices. Knowledge of green dentistry not only enhances our ability to provide top-notch care but also empowers us to contribute positively to the environment. This issue aims to equip you with valuable insights and practical information to integrate eco-friendly solutions into your practice, benefiting both your patients and the planet.

Our journey towards sustainable dentistry is ongoing, and we are excited to share these stories of innovation and commitment with you. Each article in this issue serves as a testament to the incredible progress being made in the field and the potential for even greater impact.

Thank you once again for your patience and support. We hope you find this issue both inspiring and informative. Together, we can make a significant difference in promoting green dentistry and fostering a healthier, more sustainable future.

CARL DEMADEMA, BOHSc
Editor-In-Chief

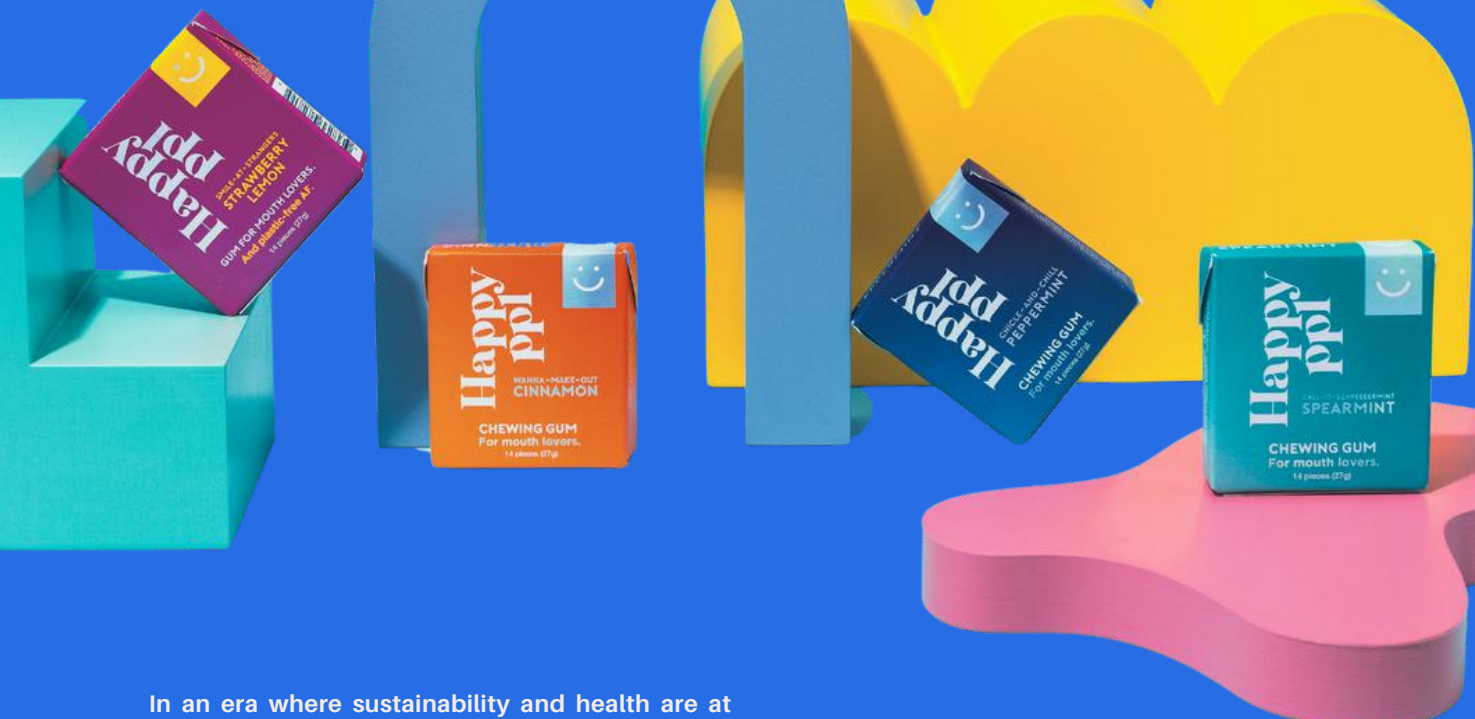
SUSTAINABLE COMPANY



Happy ppl



Happy ppl



In an era where sustainability and health are at the forefront of consumer minds, Happy ppl is revolutionizing the way we think about chewing gum. Most people are surprised to learn that traditional chewing gum contains an ingredient called “gum base,” often made from synthetic polymers such as polyvinyl acetate. This plastic or rubber derivative is found in products like glue and tires, and its presence in gum is something many consumers are unaware of. Just a quick Google search will reveal the startling truth about what’s in that stick of gum you might have in your pocket.

Happy ppl is different. This innovative company uses a natural gum base sourced from chicle trees in Mexico, eschewing plastic in favor of natural, sustainable ingredients. This commitment to natural materials is just one part of what sets Happy ppl apart. Their gum is also Vegan, Biodegradable, Plant-Based, and Kosher, making it a smart and ethical choice for conscious consumers.

Each piece of gum is sweetened with 2 grams of xylitol, a natural sweetener known for its ability to kill bacteria and keep your mouth fresh all day long.

The quality of Happy ppl gum extends to its production locations. Crafted in Italy and Switzerland, the gum benefits from the high standards and meticulous attention to detail that these countries are known for. Whether it’s a cheerful “Ciao!” from Italy or a hearty “Grüezi!” from Switzerland, Happy ppl ensure that each piece of gum is made with the utmost care.

For those following a vegan lifestyle, Happy ppl is a perfect choice. The gum is certified by EarthKosher, guaranteeing that no animal by-products are used in its production. This certification underscores Happy ppl’s dedication to ethical practices and aligns perfectly with the values of its customers.



Moreover, Happy ppl gum is gluten-free, catering to those with specific dietary needs without compromising on taste or quality. The company's inclusive approach ensures that more people can enjoy their products without worry.

Happy ppl's commitment to customer satisfaction doesn't end with their product ingredients. They offer free shipping within the continental USA, ensuring that their customers can enjoy their gum without any extra cost. Orders typically arrive within 3-5 days, reflecting the company's efficiency and customer-focused approach.

Should any issues arise, Happy ppl provides a 100% money-back guarantee. This policy is a testament to their confidence in their product and their dedication to ensuring their customers are happy—after all, it's in the name. If for any reason you're not satisfied with your purchase, reaching out to them at hi@happyppl.com is all it takes to resolve any concerns.

Customer interaction is a key part of Happy ppl's philosophy. They encourage communication not just about their products, but about anything on your mind—whether it's the weather, personal musings, or even celebrity crushes. This open line of communication fosters a sense of community and connection, making Happy ppl more than just a brand, but a part of their customers' lives.

Certified by EarthKosher, Happy ppl gum meets the rigorous standards required for kosher products, making it suitable for a wide range of dietary laws and preferences. The certification by Rabbi Sholom H. Adler's Orthodox kosher certification service is highly regarded and recognized by the CRC, ensuring that Happy ppl gum can be enjoyed by those following kosher dietary practices.

In summary, Happy ppl is not just changing the chewing gum industry—they're redefining it. With their natural, sustainable ingredients, commitment to ethical practices, and customer-centric policies, Happy ppl is setting a new standard for what consumers can expect from their gum. So the next time you reach for a stick of gum, consider Happy ppl and chew with a clear conscience.



SMILING *Sustainability.*

The Sustainable Development Goals were introduced at the United Nations in 2015.¹ Recently, in Riyadh, Kingdom of Saudi Arabia, three initiatives were launched to contribute to environmental protection, energy transformation, and sustainability programs.² A recent systematic review examining green dental practices and their impact found that only five studies have been conducted on this topic globally.³



by: Andrea Lorena Basualdo
Allende, DDS

The World Health Organization categorizes healthcare waste as materials discarded from healthcare activities that could potentially transmit infectious agents. Dental facilities generate a variety of waste types, such as hazardous, non-hazardous, biohazardous, pharmaceutical, and sharp wastes.⁴ OHSAS 18001 standard demonstrates that an organization adheres to high standards with regards to health and safety, thus enabling it to enhance the reputation. There are color codes for biomedical waste: Red for plastic waste, yellow for infectious waste, light blue for sharp waste, grey for cytotoxic waste and light green for infectious waste/injurious sharp waste.⁴

It stated that estimated carbon dioxide emissions through dental practices were 675 kilotons, as it is a very resource and labor-intensive, and energy-consuming field.² Many health and dental care providers prioritize efficiency over sustainability, resulting in significant waste production and carbon dioxide emissions.

The Eco-dentistry Association (EDA) defines Green Dentistry as a forward-thinking approach aimed at reducing the environmental impact of dental practices. It encompasses ecologically responsible measures that promote pollution prevention and support the health and well-being of both current and future generations.³

Farahani and Suchak were pioneers in eco-friendly dentistry back in 2007.³ Their innovative model introduced eco-friendly alternatives to conventional dental practices, aiming to replace harmful methods with sustainable ones. The six green dentistry model themes are amalgam management, radiography management, infection control management, procurement management, energy, and water conservation. However, despite their efforts, the majority of dentists continued to employ non-eco-friendly practices, such as using disposable patient drapes, lab coats, water cups at spittoons, and suction tips in their clinics or hospitals.^{1,2}

In dental practice, the most common waste products include amalgams from restorative materials, radiographic chemicals, plastic/paper barriers, and disinfectant solutions. These materials can have adverse effects on both the environment and human health.² Amalgam-filling material, composed primarily of 50% mercury, can alter pH, oxygen availability, and temperature if released into the environment, contributing to the overall waste. Proper disposal methods are crucial, including the collection and recycling of unused amalgam particles and the use of pre-encapsulated amalgam, because the mercury from dry waste that arrives in landfills always ends up reaching the water table. If household waste is incinerated, the mercury in the form of vapor causes air pollution and mixed with rainwater will again lead to water contamination. In addition, the wet waste found at the outlet of the spittoons and suction passes directly into the wastewater circuit and contaminates the treatment plants. As a result, dental offices must manage the risk of mercury pollution to the environment and public health.⁸ Additionally, the installation of amalgam separators in suction and vacuum lines is recommended.¹

Although toxicity of mercury is continually raised and discussed, a clear conclusion about the effects on human health at the exposure level has not yet been established, especially in situations of chronic exposure to low concentrations such as in patients with dental amalgam.⁸ However, Mutter examined the toxicological impact of mercury dental amalgam and autopsy studies, which revealed that 60–95% of mercury found in human tissues originated from dental amalgam. Individuals with 12 or more fillings were found to have mercury levels ten times higher in various tissues, including the brain. Furthermore, Mutter suggested that methylmercury resulting from dental amalgam may pose significantly greater toxicity compared to exposure from fish consumption.⁶

Genotype plays a crucial role in determining the impact of mercury on neurobehavioral functions in children, with boys exhibiting greater susceptibility to genetic modifications of mercury neurotoxicity compared to girls. Additionally, Mortazavi et al. explored the correlation between maternal mercury dental amalgams and heightened mercury release, proposing a potential link to increased rates of autism in children.

Regarding safety concerns, the FDA has conducted reviews based on the best available scientific evidence to assess the impact of low levels of mercury vapor associated with dental amalgam fillings. It's worth noting that some individuals may have allergies or sensitivities to mercury or other components of dental amalgam, such as silver, copper, or tin. For those with known allergies to any of these metals, amalgam fillings should be avoided to prevent the development of oral lesions or other contact reactions.⁶

The Minamata Convention on Mercury Treaty, with support from the WHO and its parties, established guidelines that led to the implementation of measures aimed at reducing the use of dental amalgam. These measures, outlined in Annex A, Part II of the treaty, included restrictions on bulk mercury use and limitations on dental amalgam for specific patient groups. Notably, dental treatment involving amalgam was prohibited for deciduous teeth, patients under 15 years old, and pregnant or breastfeeding women unless deemed medically necessary by the practitioner. In a significant development, the European Union made a pioneering move in 2023 by endorsing a proposal for the complete cessation of dental amalgam use starting January 1, 2025. This decision was motivated by the availability of viable mercury-free alternatives.^{6, 9}

An interesting model for environmental management of dental practice is the "Plan-Do-Check-Act" model of Dr. Angela Rovera. This model focuses on environmental aspects: energy use, travel, product purchasing, waste production, emission to air, water use, and contamination of land. For each one of them, a plan-do-check-act is proposed. For example, for the item travel, the Plan is to reduce patients' travel and reduce staff travel. The Do involves multiple procedures in one visit, teledentistry, the use of closest dental laboratory, among others. The Check is based on measure frequency of appointments and type of treatment by management software and finally the Act is Schedule dental examination by risk assessment approach and personalize prevention on patients' needs.⁷

In relation to the rest of the elements involved, conventional radiographs use x-ray fixer, developer, and dental film, which contain hazardous chemicals and should not be disposed of in regular trash. Interestingly, only 20% medical waste, is considered infectious and requires special disposal, while 3% from a dental practice requires management with protocol. It is good to have in mind that enzyme-based cleaners are biodegradable and free of harsh chemicals, making them ideal for green practices.¹

For a sustainable future, it's imperative to integrate environmental sustainability into the education of Oral Health Professionals across all stages, from early undergraduate studies to postgraduate continuing professional development. Dentistry must seek alternatives to single-use plastic cups and other disposable plastic items. The suitability of these alternatives will depend on national legislation and market availability. Developing new biomaterials, potentially through regenerative dentistry, could greatly aid in transitioning towards a greener dental practice. Embracing a minimalist and preventive approach to dentistry can benefit all stakeholders involved.⁵

SUSTAINABLE COMPANY



Beesure



At BeeSure®, a company deeply committed to sustainability, the goal is to design and supply dental products that are both environmentally friendly and economically feasible. By innovating with resource conservation and recycled materials, BeeSure® ensures that their products not only protect the environment but also come without an extra cost burden to consumers. They believe that those dedicated to preserving the environment deserve recognition and reward for their efforts, and this principle guides every aspect of their operations.

BeeSure®'s dedication to sustainability is evident in their product development process, where the focus is on creating high-quality items that minimize environmental impact. This includes the use of up to 100% recycled plastic in their products and packaging made from 80 to 100% post-consumer fiber. Additionally, many of their products are manufactured chlorine-free, significantly reducing the production of toxic waste. The company's innovative approach also extends to packaging, with compact designs that reduce material waste, storage needs, and shipping costs.

Central to BeeSure®'s mission is their Beegreener® Campaign, a comprehensive initiative aimed at reducing environmental impact and promoting sustainable practices. Since 2008, the campaign has included the 25¢ for Nature program, where BeeSure® donates 25¢ to environmental organizations for every product purchased. This program has supported various environmental causes and allows customers to contribute further by selecting specific organizations they wish to support.

BeeSure® has established partnerships with several environmental organizations to maximize their positive impact. These partnerships include:

American Forests: Partnering since 2010, BeeSure® has contributed to restoring areas affected by natural disasters and deforestation. By the end of 2021, this collaboration resulted in the planting of over 110,000 trees across the United States.

Coral Restoration Foundation™: BeeSure® supports the Coral Restoration Foundation™ in returning corals to the wild. Since the partnership began, 82,000 corals have been restored to their natural habitats, significantly contributing to marine biodiversity.



Pollinator Partnership: Initiated in 2020, this partnership focuses on restoring habitats for pollinators like birds, bats, butterflies, and beetles. BeeSure® has helped restore 20,000 square feet of pollinator habitats, ensuring these vital species thrive.

Planet Bee Foundation: Starting in 2016, BeeSure® collaborated with the Planet Bee Foundation to educate and engage students in environmental stewardship. Through various workshops, they have saved over 500,000 bees, highlighting the importance of individual actions in global environmental movements.

Universiti Malaysia Terengganu (UMT): Partnering with UMT's Special Interest Group for Apis and Meliponine since 2018, BeeSure® has worked to increase the population of stingless bees and provide alternative income sources for rubber tappers. This effort has led to a population growth of over 600,000 stingless bees in Terengganu, Malaysia.

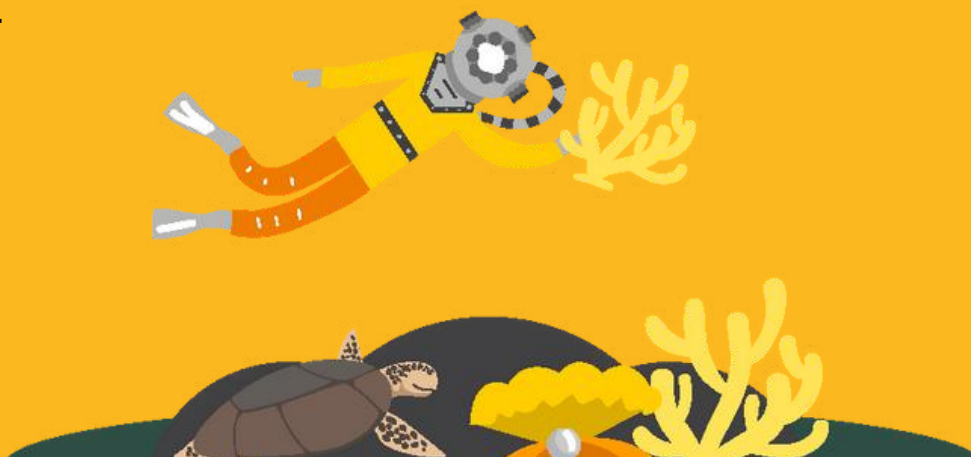
Friends of Urban Forests: Launched in 2020, this partnership aims to plant trees in urban and local communities. BeeSure® supports these planting events, helping to enhance green spaces in neighborhoods.

In 2024, BeeSure® is excited to announce a new partnership with One Tree Planted, reinforcing their commitment to reforestation and sustainability by continuing their efforts to plant trees globally.

Beyond product development and environmental contributions, BeeSure® also emphasizes the importance of hygiene and safety. Their BeeFirst® manufacturing process ensures that gloves and face masks are produced with zero direct skin contact, guaranteeing that customers are the first to touch these products. This meticulous attention to detail underscores BeeSure®'s commitment to both environmental and personal health.

BeeSure®'s comprehensive approach to sustainability is encapsulated in their begood® commitment. This initiative not only focuses on producing eco-friendly products but also aims to sustain the natural environment through social awareness and education. BeeSure® pledges to demonstrate that individual actions can significantly impact protecting and preserving the Earth.

In conclusion, BeeSure® is more than just a provider of dental products. They are a leader in the movement towards a sustainable future, offering guilt-free, high-quality products without the premium price tag. Their continuous efforts in environmental conservation, innovative product development, and strategic partnerships position BeeSure® as a global leader in providing environmentally friendly products. Through their Beegreener® Campaign and begood® commitment, BeeSure® exemplifies how businesses can effectively contribute to environmental sustainability and social responsibility, making a tangible difference in the world.





NOURISHING OURSELVES AND THE PLANET: EMBRACING SUSTAINABLE EATING PRACTICES .



**RHODENE
LEYDEKKERS
RD(SA)**

In a world where food scarcity and environmental changes are increasingly pressing concerns, adopting sustainable eating habits is not just a choice, but a responsibility. And luckily, making a few changes to our diet will not only benefit the planet and future generations, but also your own well-being. Let's dive into what sustainable eating is, and how you can make small changes to make a big impact in this world. Include photos, illustrations, and other graphics to match.

Understanding Sustainable Eating:

The Food and Agriculture Organization of the United Nations describes sustainable diets as those that have minimal impact on the environment while ensuring food and nutrition security for current and future generations.

These diets prioritize health, biodiversity, and ecosystem preservation, are culturally acceptable and accessible, and promote fairness in terms of affordability and economic sustainability. In essence, sustainable eating goes beyond environmental concerns. It involves nourishing ourselves in a manner that respects both our individual health needs and the limited resources of our planet, ultimately striving for long-term ecological harmony.

Sustainable Eating Strategies to Embrace:

1. Follow a varied, balanced diet - Eating a varied diet rich in fruits, vegetables, whole grains, and legumes ensures that you receive a diverse array of nutrients (and flavours!) while supporting biodiversity in agriculture. Incorporating a wide range of foods into your meals not only promotes optimal health but also reduces reliance on monoculture farming practices that can degrade soil health and contribute to ecosystem imbalances.

2. Limit food waste - Minimizing food waste is essential for both environmental and economic reasons. When food is wasted, so are the resources used to produce it. It also contributes significantly to the climate change crisis by releasing large amounts of greenhouse gases. By being mindful of portion sizes, meal planning, proper storage techniques, and creative use of leftovers, you can significantly reduce the amount of food that ends up in the dustbin. This practice conserves resources, reduces greenhouse gas emissions, and supports a more sustainable food system from farm to fork.

3. Reduce meat intake - Reducing meat consumption can have significant environmental benefits. Plant-based diets generally have a lower carbon footprint and require fewer resources such as water and land compared to meat-centric diets. Incorporating more plant-based meals into your diet not only supports environmental sustainability but can also improve health outcomes by reducing the risk of chronic diseases.

4. Focus on food that is in season and locally grown - Choosing seasonal and locally grown foods not only supports local farmers and economies but also reduces the carbon footprint associated with food transportation. Seasonal foods are typically fresher, more flavorful, and packed with nutrients, as they are harvested at peak ripeness. By prioritizing locally sourced produce, you can decrease the environmental impact of your food choices while enjoying the freshest flavors of the season.

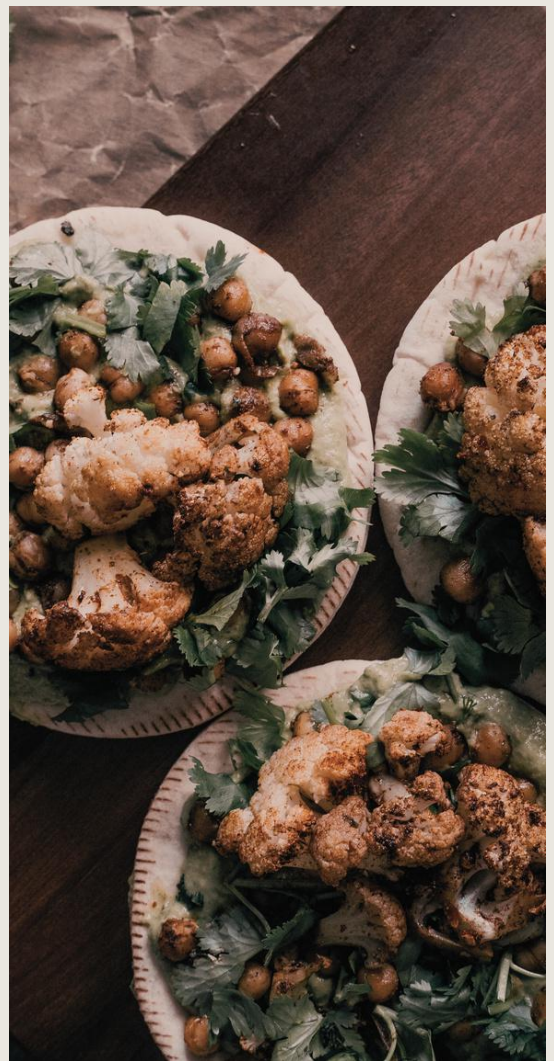
5. Be informed when making fish choices - Choosing fish from sustainable stocks is crucial for preserving marine ecosystems and ensuring the long-term viability of seafood resources. Overfishing and unsustainable fishing practices can deplete fish populations, disrupt marine habitats, and threaten the livelihoods of coastal communities. By selecting seafood that comes from well-managed fisheries, consumers can support responsible fishing practices and contribute to the conservation of ocean biodiversity. Opting for sustainably sourced fish helps promote the health of marine ecosystems, maintains fish stocks for future generations, and encourages industry-wide adoption of environmentally friendly fishing methods.

6. Grow your own food where possible - Growing your own food, whether it's a small herb garden on your windowsill or a backyard vegetable garden, connects you directly to the source of your sustenance. Not only does gardening provide fresh, nutritious produce at your fingertips, but it can also help to reduce the carbon footprint associated with food transportation and distribution.

Where to start?

The concept of sustainable eating can seem a bit daunting at first glance. However, by making simple adjustments to your diet, you can already start to make a big difference for both you and the planet. Consider this: if every individual were to implement just one small change in their eating habits, the collective impact would be monumental. It's not about completely changing your diet overnight, but rather about taking incremental steps toward a more sustainable way of eating. Whether it's incorporating one meatless meal per week, swapping out packaged snacks for fresh produce, or supporting local farmers' markets, every choice you make has the potential to contribute positively to a better tomorrow.

Sustainable eating isn't just a trend; it's a fundamental shift in our relationship with food—one that recognizes the interconnectedness of human health and environmental well-being. By adopting sustainable eating practices, we not only nourish our bodies with wholesome, nutrient-rich foods but also honour our responsibility as stewards of the planet. Together, let's cultivate a food culture that nourishes both ourselves and the planet, ensuring a healthier, more vibrant future for generations to come.



SUSTAINABLE COMPANY



Elims



Key Personnel



Belinda Lau
Founder + CEO

Belinda has always been a champion for healthcare, spending over 15 years creating life-saving medical devices. And founding ELIMS has been a social entrepreneur's dream come true, where she can continue to advance human health while innovating on earth-friendly technologies.



Dr. Casey Lau
Chief Dental Officer

Dr. Casey has spent over 20 years in dentistry specializing in all aspects of dental care including cosmetic, orthodontics, and implant dentistry. Seeing the waste generated by the dental industry on a daily basis, Dr. Casey knew he had to do something about it.



Pradnya Parulekar
Chief Sustainability Officer

Pradnya had a love for the environment at an early age, starting in the 9th grade when she protested against the closing of a local recycling center. Today, she combines her passion for sustainability with her engineering background to push the envelope in the oral care space.

Elims is a company founded on a simple yet profound promise: to do better every day. Proud of their achievements, the team at Elims understands that their work is far from complete. They are committed to continual innovation in climate technology and healthcare, ensuring their positive impact endures and expands. They invite everyone to join them on this journey of improvement.

Core Values

Natural Talents and Ingredients

Elims believes in leveraging natural talents and using the best ingredients the planet has to offer. Each product is one that the Elims team uses themselves, reflecting their confidence in their formulations. This commitment ensures that their products are not only effective but also safe and natural, providing consumers with peace of mind.

Science-Backed Efficacy

Science is at the heart of Elims' product development. Each item is backed by clinical research, designed to be effective and promote good health. This scientific validation ensures that customers can trust the efficacy of their oral care routines.

Commitment to Continuous Improvement

Elims is proud of their accomplishments but remains dedicated to ongoing innovation. They continually seek new ways to make the world a better place, aiming to create products that enhance oral health while contributing positively to the planet.

Partnerships

Elims sees itself as part of a broader movement to restore human and planetary health. To achieve this mission, they have partnered with several non-profit and social impact organizations.

Carbonfree Partnership Program

As a member of the Carbonfree Partnership Program, Elims offsets its carbon footprint through environmental projects focused on reforestation and renewable energy. This partnership underscores their commitment to a healthier planet. More information can be found at carbonfund.org.

TerraCycle® Collaboration

Recycling is a crucial element of Elims' sustainability strategy. They have teamed up with TerraCycle®, a social enterprise dedicated to eliminating waste. This partnership allows customers to recycle any Elims product and packaging, as well as other oral care products. TerraCycle®'s innovative recycling approach helps Elims extend its commitment to sustainability beyond its products. Details can be found in their FAQs on Recycling & Sustainability or at terracycle.com.

elims

The Elims Story

The story of Elims began in a moment that could be straight out of a Hollywood romcom. Stuck in L.A. traffic, Belinda was listening to a podcast about climate change when she had a revelation: her destiny was to bring sustainable oral care to the world. While this epiphany might sound dramatized, it's rooted in truth.

Belinda's background in the medical device industry, combined with her passion for sustainability, set the stage for Elims. Her husband, Dr. Casey, a dentist, and her friend Pradnya, an MBA with expertise in manufacturing, shared her vision. Together, they realized that sustainable oral care was the perfect way to combine their skills and passions. They aimed to create products that reduced waste without sacrificing performance or design.

Sustainable Oral Care

Elims recognizes that oral care products significantly contribute to plastic waste. Its commitment is to reduce this waste by ensuring that its entire line of oral care products and packaging is 100% sustainable. This allows consumers to maintain their dental health with products that are both effective and environmentally responsible.

Elims' dedication to sustainability extends beyond its products. They continually explore new ways to minimize their environmental footprint, from production processes to packaging. By choosing Elims, customers not only take care of their oral health but also contribute to a more sustainable future.

Invitation to Join

Elims believes that everyone has a role to play in creating a better world. Their promise is to do better every day, and they invite others to join them on this journey. Together, they can make a significant difference, one smile at a time.

Through their innovative products and unwavering commitment to sustainability, Elims is not just improving oral care—they are redefining it. With every Elims product used, consumers help fulfill the mission of promoting human and planetary health. Join Elims in this endeavor and discover their creations, contributing to a healthier planet and brighter smiles.



EMBRACING GREEN DENTISTRY: A SUSTAINABLE REVOLUTION IN ORAL CARE

BY ELLIE HALABIAN, DDS



THE BEAUTY OF SCIENCE LIES IN ITS PERPETUAL EVOLUTION. AS WE DELVE DEEPER INTO UNCHARTED TERRITORIES, FRESH EVIDENCE EMERGES, NUDGING US CLOSER TO AN ULTIMATE TRUTH. EACH NEW REVELATION RESHAPES THE LANDSCAPE OF SCIENCE, PROPELLING IT FORWARD. THE LATEST FRONTIER IN ORAL CARE IS "GREEN DENTISTRY."

Green dentistry, synonymous with eco-friendly dentistry or sustainable dentistry, is a paradigm aimed at mitigating the environmental footprint of dental practices while upholding top-tier oral care standards. Patients are advocates of sustainable dentistry, mirroring their preference for a sustainable diet and lifestyle. Patients today are increasingly mindful of the materials used in dental procedures, igniting a profound concern for eco-friendly alternatives.

At the forefront of this revolution are biocompatible materials that not only ensure patient safety but also champion environmental sustainability.



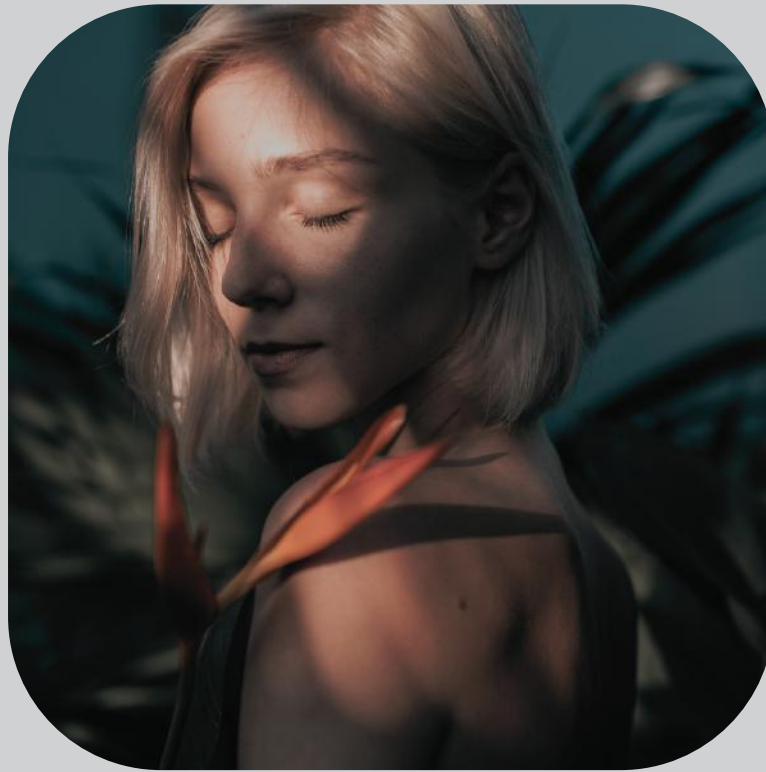
Mercury-Free Dental Fillings

Traditional dental amalgam, containing mercury, has long been a subject of environmental and health concerns. Recent findings published in the *Journal of Public Health Dentistry* (2019) have underscored the critical need for a shift towards mercury-free alternatives like composite resin fillings. These innovative fillings not only eliminate the risks associated with mercury exposure but also offer aesthetic enhancements, making them a preferred choice that aligns with environmentally conscious practices.

BPA-Free Dental Sealants

The presence of Bisphenol A (BPA) in plastics, including dental sealants, has raised red flags due to its potential health risks. A compelling study featured in *Environmental Health Perspectives* (2016) has emphasized the urgency of adopting BPA-free dental materials. This transition not only helps in curbing environmental contamination but also plays a vital role in safeguarding patient well-being, highlighting the importance of choosing materials that are free from harmful chemicals.





The advent of digital dentistry has also brought about game-changing advancements that not only enhance patient care but also contribute significantly to eco-friendly practices.

Digital X-rays

In a comprehensive review published in the Journal of the American Dental Association (2017), digital radiography (DR) has been hailed for its superior image quality and reduced patient radiation exposure. This technological marvel eliminates the need for chemical processing, making it a sustainable choice that aligns perfectly with eco-friendly practices while ensuring optimal diagnostic accuracy.

Electronic Dental Records (EDR)

Transitioning from paper-based dental records to electronic dental records (EDR) has been a monumental step towards sustainability, as highlighted in a study featured in the Journal of the American Medical Informatics Association (2017). This shift not only slashes paper usage and storage needs but also significantly reduces carbon emissions, aligning seamlessly with the sustainability objectives of green dentistry.

Finally, green dentistry places immense importance on waste reduction strategies, recognizing their pivotal role in environmental preservation and sustainability.

Amalgam Waste Management:

Proper management of amalgam waste is paramount in averting mercury pollution, as emphasized in a notable publication by the Journal of the California Dental Association (2018). Adhering to best practices for handling and disposing of amalgam waste is not just a regulatory requirement but a fundamental aspect of responsible environmental stewardship.

Recycling and Responsible Disposal:

Research conducted by the Eco-Dentistry Association (EDA) has shed light on the environmental merits of recycling dental materials. Implementing robust recycling programs and partnering with certified waste management companies are crucial steps in reducing landfill waste and fostering sustainable waste management practices within dental offices.

In essence, green dentistry embodies a holistic approach that marries cutting-edge dental care with a deep-rooted commitment to environmental consciousness. By embracing biocompatible materials, leveraging digital advancements, and prioritizing waste reduction strategies, dental practices can pave the way toward a greener and healthier future for both patients and the planet.

SUSTAINABLE COMPANY



Cocofloss

The Founders



Chrystle & Cat Cu

Founded by the dynamic sister duo of Dr. Chrystle Cu and Cat Cu, Cocofloss is revolutionizing the world of oral wellness. Combining the precision of a dentist with the creativity of an artist, the Cu sisters have created a brand that transforms routine oral care into a joyful and rewarding experience.

Dr. Chrystle Cu, a skilled dentist, brings her expertise and passion for dental health to the forefront of Cocofloss. She has meticulously perfected new oral care solutions that deliver a “dentist-level” clean and shine every single day. Her commitment to excellence ensures that Cocofloss products not only meet but exceed the highest standards of dental care.

Cat Cu, an accomplished artist, infuses the brand with a vibrant and engaging aesthetic. Her artistic vision makes Cocofloss products visually appealing and enjoyable to use. By blending her creative talents with her sister’s dental expertise, Cat helps make flossing an activity that people look forward to, rather than a chore.

The journey of Cocofloss began with a simple yet powerful idea: to make flossing fun, motivating, and rewarding. Chrystle and Cat wanted to create products that not only rebuild oral health but also nurture overall well-being. Their collaboration has led to the development of high-performance, dentist-designed products that delight users and improve their oral hygiene.

Under the leadership of the Cu sisters, Cocofloss invites everyone to experience a new world of oral wellness. Their innovative approach ensures that joy and effectiveness go hand-in-hand, making Cocofloss a standout brand in the oral care industry.



Sparkling Smiles, Sparkling Planet

Cocofloss is driven by a dream of creating a sustainable future where every smile also contributes to the health of our planet. They acknowledge that achieving this dream is a journey, but they believe that every small choice made today can lead to a brighter, more sustainable tomorrow. The Cu sisters invite everyone to explore how Cocofloss cares for individual smiles and our shared environment.

Tackling Plastic Waste

A staggering 91% of plastic is not recycled, a statistic that drives Cocofloss to make a difference. The production of plastic involves significant energy and petroleum byproducts, adding to the environmental burden. Cocofloss addresses this issue head-on by using recycled plastic for their products, including their innovative Cocobrush and floss.

Cocobrush: Less Waste, More Smiles

The Cocobrush's handle is crafted from approximately 98% recycled plastic, sourced through a partnership with Oceanworks®. Moreover, for every Cocobrush purchased, Cocofloss commits to removing an additional 10 Cocobrushes' worth of ocean-bound plastic from coastal communities. Since the launch of Cocobrush, over 56,000 pounds of plastic have been removed from coastal areas, with a goal to reach 109,934 pounds by Earth Day 2024.

Recycled Floss for a Cleaner Future

Every new spool of Cocofloss is made from 85% recycled polyester spun from water bottles. This initiative aims to divert 606,295 water bottles from landfills by Earth Day 2024. The sustainable thread ensures that customers can maintain their oral health with a clear conscience, knowing that their choice supports environmental conservation.

Easy Recycling and Refills

Cocofloss also offers a convenient recycling program through Pact. Customers can reuse their Cocofloss dispensers with refill spools, which come in various delightful scents. When a dispenser reaches the end of its life, it can be recycled properly, reducing waste and promoting a circular economy.

Partnerships for a Greener World

Cocofloss collaborates with several organizations to enhance their environmental impact. Their partnership with the Wildlife Conservation Network (WCN) supports communities in 37 countries working to protect 87 different wildlife species. Additionally, their collaboration with Oceanworks® ensures that ocean-bound plastic is removed from coastal areas in Southeast Asia, maintaining high standards for social and environmental responsibility.



Behind the SmileCare System™

The SmileCare System™ by Cocofloss epitomizes their mission to create dentist-designed, high-performance products that nurture both oral health and the planet. By investing in organizations that care for global ecosystems, Cocofloss integrates environmental stewardship into their core operations. Their products, including the Cocobrush and Cocofloss, are crafted to provide an unparalleled clean while minimizing environmental impact.

Cocofloss, under the visionary leadership of the Cu sisters, is setting new standards in green dentistry. Their innovative approach combines effective oral care with a commitment to sustainability, proving that oral care can be both fun and eco-friendly. By choosing Cocofloss, consumers can enjoy sparkling smiles while contributing to a sparkling planet. The journey towards a more sustainable future is ongoing, and Cocofloss invites everyone to join them in making a positive impact, one smile at a time.



GREENER
DENTISTRY
GLOBAL



The modern world has seen unparalleled advancements and innovations, yet our progress has often come at the expense of the environment. As we push the boundaries of what is possible, it is crucial to address the ecological footprint of our industries, including healthcare. Dentistry, a field deeply intertwined with both personal health and environmental impact, stands at the threshold of a green revolution, spearheaded by platforms like Greener Dentistry Global (GDG). This article delves into the inception, mission, and future aspirations of GDG, a pioneering initiative dedicated to fostering sustainability within the dental industry.



1. The Inception of Greener Dentistry Global

The story of Greener Dentistry Global begins with a profound respect for nature and a growing concern for the planet's future. Raised with a deep appreciation for the natural world, the founder of GDG was motivated by a stark realization of how human activities have monopolized the Earth, encroaching on habitats and altering the biosphere. This concern was coupled with a vision of ensuring future generations can enjoy the abundance of nature that previous generations took for granted.

The journey towards establishing an eco-friendly dental practice revealed a significant gap: there was a lack of comprehensive guidance and tools tailored for dental professionals. The founder had to conduct extensive research across various sectors to implement sustainable practices in their own dental practice. The positive feedback and heightened patient loyalty observed validated the benefits of integrating eco-friendly practices, not just for the environment but also for patient satisfaction and business success. This success story laid the foundation for Greener Dentistry Global, aiming to extend these benefits to a broader community of dental practices.

2. Aligning with Environmental Sustainability and Social Responsibility

Greener Dentistry Global is founded on the dual principles of environmental sustainability and social responsibility. By integrating these two core values, the third pillar—economic sustainability—is also reinforced, leading to continuous and growing success. The platform provides a digital toolkit designed specifically for the dental profession, featuring a comprehensive checklist of pro-environmental initiatives. These initiatives cover key areas such as reducing energy consumption, minimizing waste, promoting biodiversity, and encouraging sustainable clinical interventions and daily operations.

By guiding dental practices to adopt these initiatives, GDG helps reduce their environmental impact. This alignment with broader principles of sustainability is further reinforced by encouraging members to consider the broader impacts of their operations on their teams and patients. This holistic approach enhances the well-being of the workforce and patients, thereby serving the local community and embodying the principles of social responsibility.



Davinder Raju, Founder

3. Membership Process and Benefits

Joining Greener Dentistry Global is designed to be straightforward and rewarding. The membership process involves:

Sign Up: Register your dental practice on the GDG platform to commit to sustainability.

Environmental Impact Assessment: Assess your practice's environmental impact to identify areas for improvement.

Decide on Eco-Initiatives: Select and schedule eco-friendly initiatives using the platform's toolkit for guidance.

Achieve and Display Accreditation: Once sustainability criteria are met, display the GDG Accredited Member's Badge to showcase your commitment to environmental sustainability.

Membership offers several compelling benefits, including brand differentiation, independently validated accreditation, community contribution and learning, and access to a social media package. These advantages help dental practices enhance their reputation, attract eco-conscious patients, and continuously improve their sustainability efforts.

4. Impact of Donations through B1G1

A unique aspect of GDG is its commitment to social causes, demonstrated by donating 2% of gross revenue through a partnership with B1G1. This partnership has supported various global initiatives, making a tangible difference in communities worldwide. Examples include:



Indonesia: Training local women to become health leaders, improving access to sanitation and medical care.

United States: Supporting the "Rescue One Meal For The Homeless" initiative, providing meals to the homeless.

Kenya: Providing nutritious meals to vulnerable children, enhancing school enrollment and academic performance.

Belarus: Supporting a Children's Activity Center for special needs children.

Ukraine: Supplying fresh produce to improve the diets of malnourished children.

India: Offering nutritious meals to orphaned children at risk of malnutrition.

5. Supporting Environmental Conservation

Greener Dentistry Global is deeply invested in environmental conservation through various reforestation programs. These initiatives include:

Tree Planting in Malawi: Collaborating with local communities to plant fruit trees, providing sustainable income sources.

Reforestation in Kenya: Supporting families through the cultivation and sale of fruit, enhancing economic stability.

Habitat Restoration in Central Borneo: Protecting endangered orangutans by rebuilding native habitats.

These efforts not only combat deforestation but also support the livelihoods of underprivileged communities and protect endangered species.

6. Addressing Poverty within Dental Care

Addressing poverty in the context of dental care is critical, as poor oral health can significantly impact overall well-being. GDG recognizes this issue and is planning a pilot dental camp in India to provide oral healthcare to poor rural communities. This initiative aims to become an annual event, offering ongoing support to underserved communities and addressing the intertwined nature of poverty and oral health.

7. Overcoming Challenges in Promoting Sustainability

Promoting sustainability within the dental industry comes with its challenges, including lack of awareness, resistance to change, and scepticism about the impact of individual efforts. GDG tackles these challenges by educating dental professionals about the environmental impacts of traditional practices and the benefits of greener alternatives. The platform also advocates for including sustainable oral healthcare in undergraduate curricula.

8. Fostering a Sense of Community

Greener Dentistry Global fosters a sense of community among its members through an online forum. This interactive space allows members to connect, share ideas, and seek advice on sustainable dentistry practices, promoting collaboration and knowledge-sharing.

9. Future Goals and Aspirations

Looking ahead, Greener Dentistry Global aims to expand its global reach, enhance educational resources, establish partnerships, and influence policy-making processes related to sustainability in dentistry. The development of new tools such as a carbon calculator and report generation capabilities will further support dental practices in managing their environmental impact and demonstrating the value of sustainable practices.

10. A Call to Action for Dental Professionals

To dental practices and professionals considering joining Greener Dentistry Global, your engagement can significantly impact both environmental sustainability and community health. By adopting greener practices, you enhance patient care and contribute to a global movement towards a more sustainable future. Join GDG to access valuable resources, participate in educational forums, and collaborate on initiatives that reduce environmental impact. Together, we can lead the change towards a healthier planet.

Greener Dentistry Global offers a comprehensive, impactful, and cost-effective pathway for dental practices to embrace sustainability and make a positive difference in the world.

Offer

10% OFF FOR ALL NEW MEMEBERS IN THE USA
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SUSTAINABLE COMPANY



Elementa



Dentists across the globe encounter patients who, despite their best efforts to brush, floss, and rinse regularly, still struggle with chronic cavities and other oral health issues. For the founders of Elementa, this daily challenge became a source of deep frustration and a call to action. Determined to find a solution where traditional products had failed, they embarked on a journey that led to the creation of Elementa, a brand that promises revolutionary oral care.

The Genesis of Elementa

The story of Elementa begins with a collective of dedicated dentists who were tired of seeing their patients suffer from persistent dental problems. These issues—ranging from low pH levels and unhealthy biofilm to hard-to-eliminate bacteria—were not adequately addressed by existing oral care products. The founders realized that if they wanted to provide real help, they needed to think outside the box and explore new frontiers in dental science.

Embracing Nanotechnology

Their quest for a breakthrough led them to the world of nanotechnology, a field known for its transformative impact on various medical disciplines. The founders discovered that nanoparticles of silver, a natural antibacterial agent used for centuries, could be a game-changer in oral care. This discovery was pivotal, as it opened up new possibilities for delivering essential ingredients like calcium and xylitol directly to the teeth with unprecedented efficiency.

Why Silver Nanoparticles?

Silver nanoparticles are not only effective antibacterials but also possess unique properties that make them ideal for oral care. When incorporated into oral products, these nanoparticles can significantly enhance the delivery of crucial ingredients. More importantly, they have the ability to neutralize oral acids and reset the biofilm environment in a healthy way, thereby addressing the root causes of many oral health issues.



The Birth of Elementa

With these groundbreaking insights, the founders established Elementa, aiming to share their revolutionary discoveries with the world. Elementa's products are designed to go beyond traditional dental solutions like fluoride, which often fall short in the face of modern dietary challenges. By leveraging the power of silver nanoparticles, Elementa offers a new standard of preventative oral care that is both highly effective and scientifically advanced.

Addressing Modern Oral Health Challenges

Today's diets, rich in sugars and acids, make it nearly impossible for conventional dental products to maintain optimal oral health. This dietary shift has led to a staggering statistic: over 92% of American adults suffer from some form of tooth decay. Recognizing this widespread issue, Elementa's founders were motivated to create products that could truly make a difference.

Elementa's Innovative Approach

Elementa's products are meticulously formulated to tackle the most stubborn oral health problems. By integrating nanotechnology into their product line, Elementa ensures that each solution is capable of delivering active ingredients directly where they are needed most. This targeted approach not only helps in preventing cavities but also promotes overall oral health by maintaining a balanced biofilm and neutralizing harmful acids.

A New Era in Oral Care

Elementa represents a paradigm shift in oral care. The brand's innovative use of nanotechnology, particularly silver nanoparticles, marks a significant advancement over traditional methods. By addressing the limitations of conventional products and offering a scientifically-backed alternative, Elementa is poised to transform the way people care for their teeth and gums.



What is Nano Silver?

Nano silver refers to silver particles that have been reduced to a nanoscale size, significantly smaller than their colloidal counterparts. Imagine silver bullets that could kill werewolves, or silver coins and medals, shrunk down into microscopic nanoparticles and suspended in a fluid. This is the essence of nano silver. Its minuscule size allows it to interact with and penetrate surfaces more effectively, making it a potent tool in dental care.

Nano Silver vs. Colloidal Silver

You might be familiar with colloidal silver mouth rinses or know someone who uses colloidal silver for dental health. However, it's crucial to understand the differences between nano silver and colloidal silver to appreciate why Elementa's nano silver technology is a game-changer.

Colloidal silver typically consists of silver particles of varying sizes created through outdated methods, such as passing an electric current through silver wires submerged in fluid. This process results in inconsistent particle sizes, leading to uneven and often subpar results. In contrast, Elementa's nano silver technology ensures that the particles are uniform and significantly smaller. This uniformity is achieved using advanced, plant-based nanotechnology, which not only enhances the effectiveness of the silver particles but also ensures biocompatibility.

Why Nano Silver is Effective

The consistent and smaller particle size of nano silver offers several advantages over colloidal silver. Nano silver particles can penetrate biofilms—complex aggregations of bacteria—more effectively than alcohol or other traditional agents. This capability allows nano silver to neutralize oral acids and kill acid-producing bacteria more efficiently, providing a more thorough cleaning and protection for your teeth and gums.

Moreover, nano silver's unique properties enable it to deliver essential ingredients like calcium and xylitol directly to the teeth. This targeted delivery enhances the remineralization process, helping to rebuild and strengthen tooth enamel, which is crucial for preventing cavities and maintaining overall oral health.

The Gold Standard of Nano Silver

A surprising number of products on the market claim to contain nano silver, but not all of them meet the rigorous standards necessary for effectiveness. Genuine nano silver solutions have a distinctive gold hue because true nano silver absorbs blue light in the range of 400-420 nanometers. This absorption causes the solution to appear yellow-orange or honey-gold. If you encounter a nano silver product that does not exhibit this coloration, it is likely not a true nano silver solution and may not offer the same benefits.

Elementa's Nano Silver Product Line

Elementa has harnessed the power of nano silver to create a comprehensive line of oral care products designed to improve your dental health. Their offerings include:

Nano Silver Mouth Rinse: Neutralizes oral acids and kills acid-causing bacteria more effectively than traditional mouthwashes.

Tooth Gel: Delivers essential minerals directly to the teeth, aiding in remineralization and protection against cavities.

Kids Mouth Rinse: A gentle yet effective solution designed specifically for children's oral health needs.

Lip Balm: Provides the benefits of nano silver to keep your lips healthy and free from harmful bacteria.

Full Routine Bundles: Comprehensive sets that offer complete oral care solutions incorporating nano silver technology.

Why Choose Nano Silver?

Elementa's nano silver technology is not just another passing trend. It represents a significant advancement in oral healthcare, providing tangible benefits in the fight against cavities and bad breath. The plant-based nano silver solution is designed to neutralize all oral acids instantly, kill harmful bacteria, and penetrate biofilms more effectively than alcohol-based products. This makes Elementa's products a superior choice for those looking to enhance their oral hygiene routine with cutting-edge technology.



ASSEMBLING WELLNESS: WHAT'S INSIDE A FRESHIES CLUB BOX?

Discover a new way to care for your smile with the Freshies Club, where oral care meets sustainability and innovation. Founded by Alexis Bailey, a passionate dental hygienist, Freshies Co. is revolutionizing dental routines with their curated subscription boxes filled with eco-friendly essentials.



Alexis Bailey, RDH **Founder**

Introducing The Freshies Club

The Freshies Club is more than just a subscription service; it's a curated experience designed to transform mundane oral care into a delightful ritual. Each season, members receive a thoughtfully assembled box containing 5-6 carefully selected items, all handpicked by Alexis herself:

- **Toothbrush:** Crafted from sustainable materials for a unique and eco-friendly brushing experience.
- **Toothpaste:** Formulated with gentle yet effective ingredients to ensure a fresh and clean mouth.
- **Extra Help:** Includes tools like tongue scrapers, xylitol gum, or interdental cleaners to support comprehensive oral hygiene.
- **Lip Care:** Because a complete smile care routine extends beyond just teeth.
- **Eco-Conscious Items:** Two additional surprises chosen to elevate your self-care regimen sustainably.
- **Access to Freshies Co. Online Magazine:** Featuring expert tips, product information, recycling resources, and more to empower members in their oral health journey.

The Mission: Beyond Smiles

At the heart of Freshies Co. is Alexis's mission to promote both oral health and overall well-being. By curating each box with products that are effective, sustainable, and aesthetically pleasing, she aims to make dental care an enjoyable and accessible experience for everyone. The Freshies Club not only helps members maintain healthy smiles but also encourages a positive mindset and self-worth through consistent self-care practices.

Sustainability and Innovation in Every Box

One of the standout features of the Freshies Club is its commitment to sustainability. Alexis ensures that every product selected for the box meets stringent eco-friendly criteria. From biodegradable toothbrush handles to recyclable packaging, Freshies Co. prioritizes environmental responsibility without compromising on quality or effectiveness. This approach not only reduces plastic waste but also supports ethical brands that share a commitment to planetary health.

Join the Freshies Club Revolution

If you're ready to upgrade your oral care routine with products that are as good for the planet as they are for your smile, the Freshies Club offers a compelling solution. By subscribing, you not only receive a curated box of innovative dental essentials but also contribute to a movement towards sustainable beauty and wellness practices.





What Members Are Saying

Members of the Freshies Club rave about the convenience, quality, and positive impact on their oral health and self-care routines. With each box, they enjoy discovering new eco-conscious products that align with their values and contribute to a healthier planet.

Embrace a Fresh Perspective

As dental care evolves, so do our choices. The Freshies Club invites you to embrace a new perspective on oral health—one that combines innovation, sustainability, and self-care in every smile. Join Alexis and the Freshies Co. community today to experience the joy of a fresh, sustainable approach to dental care.

For more information and to subscribe, visit [Freshies Co.](https://www.freshies.co) and start your journey towards a brighter, healthier smile with every season.



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COVER FEATURE

THE GREEN DENTIST

In the realm of dentistry, where the focus traditionally lies on oral health and patient care, there emerges a trailblazer, a visionary who not only tends to the smiles of her young patients but also nurtures a profound commitment to the health of our planet. Meet Amanda Hoffmeister, DDS, affectionately known as "The Green Dentist," whose dedication to sustainability has transformed her pediatric dental practice into a beacon of eco-consciousness and environmental stewardship.



1. A Journey into Green Dentistry:

For Dr. Amanda Hoffmeister, the journey into green dentistry began with a realization during the COVID-19 pandemic. As the world grappled with the widespread use of single-use plastics and the surge in medical waste, Dr. Hoffmeister recognized the urgent need for change. It was a pivotal moment that ignited her quest for a more sustainable approach to dentistry. Through research and reflection, she uncovered the staggering environmental impact of conventional dental practices, prompting her to seek alternatives that aligned with her values of environmental responsibility.

2. Prioritizing Sustainability:

While many dentists focus solely on traditional dental practices, Dr. Hoffmeister was driven by a deeper purpose – a commitment to leave a positive impact on both her patients and the planet. She understood that as healthcare professionals, dentists have a moral obligation to do what's right for their patients and the environment. By prioritizing sustainability, she aimed to reduce the carbon footprint of her practice and promote a holistic approach to oral health that encompasses the well-being of both individuals and the planet.

3. Shaping Passion for Green Dentistry:

Dr. Hoffmeister's passion for green dentistry was shaped by her experiences during the pandemic and her deep understanding of the interconnectedness between human health and environmental sustainability. Witnessing the staggering amount of medical waste generated by dental practices, she realized the urgent need for change. Armed with knowledge and determination, she embarked on a journey to revolutionize her practice, guided by the belief that dentistry can be a force for good in the world.

4. Communicating Environmental Stewardship to Young Patients:

As a pediatric dentist, Dr. Hoffmeister recognizes the importance of educating her young patients about environmental stewardship. From the waiting room to the treatment room, she creates opportunities for children to learn about the importance of sustainability through storytelling, interactive activities, and leading by example. By integrating environmental themes into her practice, she empowers her patients to become agents of change and stewards of the planet from an early age.

5. Key Environmental Practices Implemented:

Dr. Hoffmeister's clinic is a testament to her commitment to environmental responsibility. From energy-efficient practices to digital technology and sustainable procurement policies, every aspect of her practice is designed to minimize environmental impact while maintaining the highest standards of patient care and safety. By embracing eco-friendly practices and technologies, she demonstrates that sustainability and quality healthcare can go hand in hand.



6. Addressing Environmental Challenges:

Dr. Hoffmeister recognizes the significant environmental challenges facing the dental industry today, from water and energy consumption to waste generation and chemical usage. Through green dentistry practices, she offers solutions to these challenges, advocating for sustainable alternatives and innovations that prioritize both patient care and environmental sustainability.

7. Hopes for the Future of Sustainability:

As a pioneer in the field of green dentistry, Dr. Hoffmeister envisions a future where sustainable practices are the norm in dental clinics worldwide. She hopes to see increased collaboration, innovation, and awareness within the dental industry, leading to a healthier and more sustainable future for all. By integrating sustainability into every aspect of dental care, she believes dentistry can become a catalyst for positive environmental change.

8. Role of Education and Awareness:

Education and awareness play a crucial role in promoting green dentistry among both dental professionals and the general public. Dr. Hoffmeister emphasizes the importance of raising awareness about the environmental impact of dental practices and empowering individuals to make informed choices that prioritize sustainability. Through education and advocacy efforts, she aims to inspire a collective commitment to environmental responsibility within the dental community and beyond.

9. Steps Towards Sustainability:

For dental practices interested in adopting more sustainable and eco-friendly practices, Dr. Hoffmeister offers practical advice and encouragement. She suggests forming a green team, conducting a sustainability assessment, and setting SMART sustainability goals. By taking incremental steps and embracing the journey toward sustainability, dental practices can make a meaningful difference in reducing their environmental footprint.

10. Responding to Growing Demand:

As awareness of environmental issues grows, Dr. Hoffmeister acknowledges the growing demand among patients for eco-friendly dental practices. By responding to this demand in her clinic, she not only attracts new patients but also contributes to positive environmental change. Through her example, she hopes to inspire other dental professionals to embrace sustainability and prioritize the health of both their patients and the planet.

11. Personal Message:

In closing, Dr. Hoffmeister shares a personal message of encouragement to fellow dental professionals considering integrating sustainability into their practices. She urges them to take the first step in faith, knowing that even small efforts can make a significant impact when multiplied across communities and societies. By embracing sustainability as a journey, not a destination, she believes we can all contribute to a healthier planet with healthy smiles.

Dr. Hoffmeister stands as a beacon of hope and inspiration, leading the way toward a future where oral health and environmental sustainability go hand in hand. As "The Green Dentist," she embodies the spirit of innovation, compassion, and stewardship, reminding us that by caring for our planet, we ultimately care for ourselves and future generations.

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