



Dr. Katie To

THE WELLNESS DENTIST



SPEAKER
AUTHOR
COACH



DR. KATIE TO

Dr. Katie To is a cosmetic and wellness dentist, founder and owner of The Center for Integrative Wellness and Cosmetic Dentistry in Katy, TX, and private coach to many dental professionals. As an international speaker, she has shared stages with countless dental leaders and has been selected as one of Top 40 under 40 dentists in the country. She is the author of several books, the founder of the non-profit Wellness for Life, and the founder of KT Dental Seminars, a dental educational and coaching firm. She has hosted her Composite hands on class in Houston for many years.

- D.D.S. with Recognition in Research
- Fellow of Academy of General Dentistry
- Certified Biological Dentist
- Master of Digital Smile Design
- Master of Biological Dentistry
- Certified High Performance Coach
- Podcast host "The Wellness Dentist"

CONTACT

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PROGRAM INFORMATION

Digital Smile Design with Injectable Composite

Thanks to digital technology, clinical procedures have evolved and enable us to perform minimally invasive treatment in a guided way. With injectable flowable composite, dentists can deliver smile transformations with greater precision and higher aesthetic outcome .

Course Objectives:

- 1.The complete digital work flow for smile design.
- 2.How to execute the entire case with injectable composite.
- 3.Polishing technique that rivals porcelain restorations.

Suggested Audience: Dentists, Full Dental Team

Suggested Format: Keynote Lecture, Workshop, Full or Partial Day

Option to include Hands On Workshop or Live Demo

Wellness Dentistry- the future of dentistry is here

More than ever, the connection between the mouth and the body has become more widely known and patients are seeking dentists that are practicing wellness dentistry. Wellness dentists can help their patients achieve not just a confident smile but also better health and higher quality of life.

Course Objectives:

- 1.What is Wellness Dentistry and what are patients looking for.
- 2.Wellness dental techniques and procedures you must know.
- 3.How to start the journey of wellness dentistry today.

Suggested Audience: Dentists, Full Dental Team

Suggested Format: Keynote Lecture, Workshop, Full or Partial Day

SPEAKING ENGAGEMENTS

Dr. Katie To has lectured extensively both nationally and internationally sharing her knowledge and experience in-person and virtually. Additionally, she is adept at hosting hands-on workshops.

Some of the events she has lectured include:

- American Dental Association
- Texas Dental Association
- Southwest Dental Conference
- Seattle Study Club Symposium
- Three Rivers Dental Conference
- Mommy Dentists In Business
- Action to Win Conference
- Dental Maverick Summit
- Fibromyalgia Conference
- Alzheimer's Conference
- The Making Up of Dental Start Up
- American Academy of Clear Aligners
- International Academy of Biological Dentistry and Medicine

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PROGRAM INFORMATION

Dental Ozone Therapy - What every dentist must know now

Discover the transformative potential of Dental Ozone Therapy in this comprehensive course designed for dental professionals. Learn how to harness the power of ozone to enhance patient care with safe, non-toxic, and effective treatment solutions that promote healing and wellness.

Course Objectives:

1. Understand the science and mechanism behind dental ozone therapy
2. Gain practical skills in integrating ozone therapy into clinical practice
3. Develop effective protocols for using ozone therapy to treat a variety of dental conditions safely and efficiently.

Suggested Audience: Dentists, Full Dental Team

Suggested Format: Keynote Lecture, Workshop, Full or Partial Day



Wellness Periodontal Program - the life saving machine

Periodontal health is deeply intertwined with overall well-being. By shifting the focus from traditional periodontal treatments to wellness-centered approaches, this idea emphasizes that maintaining healthy gums is not just about oral care—it's about enhancing longevity, preventing systemic health issues, and promoting a higher quality of life for patients.

Course Objectives:

1. Comprehensive knowledge on the link between periodontal health and systemic diseases.
2. Wellness-based periodontal techniques that promote whole health patient care.
3. Practical protocols for integrating wellness-focused periodontal practices.

Suggested Audience: Dentists, Full Dental Team

Suggested Format: Keynote Lecture, Workshop, Full or Partial Day