



## **Academy of Prosthodontics Annual Scientific Session San Diego, California | June 1 – 4, 2022**

### **Program Speaker – Reva Barewal**

#### **Title**

Purée All Day; Clearing the Muddy Waters of a Prescribed Dental Soft Diet to Improve Patient Outcomes

#### **Abstract**

A soft diet may be a typical recommendation following oral surgery but can also be a long-term consequence of ill-fitting dentures or dysphagia following head and neck cancer treatment. Without careful attention to patient preferences, and knowledge of the nutrition and texture interplay in soft diets, our recommendations can lack the guidance to provide a more targeted approach to improve wound healing and patient wellbeing in the post-surgical period. A novel crisp dissolvable finger food that was developed to return eating enjoyment to head and neck cancer patients will be discussed and evidence will be shared describing implications in long term and acute care medical settings. Finally, a more guided approach to food selection during the post-operative period will be proposed that attempts to optimize wound healing, reduce unwanted weight loss and improve patient satisfaction.

#### **Learning Objectives**

1. Understand the consequences of a soft diet on nutritional health and psychosocial well being
2. Describe key nutrients necessary in the diet to optimize oral wound healing
3. Review transitional food use for people with dysphagia or chewing difficulty
4. Understand a new dietary protocol that helps a patient cope with a mandated soft diet and potentially optimizes surgical outcomes

#### **Biography**

Dr. Reva Barewal is a prosthodontist that has always enjoyed a multifaceted career in education, private practice and clinical research. Her early career was focused on developing foundational evidence on changes in implant stability during the early healing period. She is a diplomate of dental sleep medicine and is a clinical assistant professor in the Department of Pulmonology and Critical Care at Oregon Health and Science University. Her publications span dental implants, diagnosis and treatment of sleep apnea, and most recently, dysphagia science.

With her background in French Culinary Arts and clinical research, she recognized in her patients a deep dissatisfaction with a soft diet that is often required after dental surgery or due to dysphagia. She collaborated across medicine, dentistry, food science, speech language pathology and dietetics to evolve

a food technology that provides safe, yet crunchy textures. She founded Savorease Therapeutic Foods, a company solely focused on driving an evidence-based approach to innovation. Her product line currently supports nutrition, therapy and quality of life for people who want to enjoy again one of life's simple pleasures –eating.