

Day 1 – Saturday, August 6th: Arrival in Lima

Transfer to hotel and rest of day at leisure.

* Please Note—Many flights arrive late evening so you may want to consider arriving the day before. There will be optional tours available for those that do.

Overnight at **Belmond Miraflores Park**

Day 2 – Sunday, August 7th: CE Lecture and Colonial City Tour and Larco Herrera Museum

Breakfast at the hotel followed by CE Lecture (3 Hours)

Lunch today is at **Don Tito** for a local favorite, *pollo a la brasa*

In the afternoon we embark on a half day guided tour of Lima, visiting the historical center, the Plaza de Armas, and San Francisco Monastery, hosting the intriguing catacombs that give an impressive insight on how religious life was during Spanish colonial times. Our final stop will be the **Larco Herrera Museum**, housed in an 18th century colonial mansion. The museum holds the most extensive collection of pre-Columbian art in Peru.

Dinner

Overnight at **Belmond Miraflores Park**

Meals—B, L, D

Day 3 – Monday, August 8th Lima - Cusco - Sacred Valley of the Incas: Excursion to Sacsayhuaman, Awanacancha and lunch at Hacienda Huayoccari

Early morning flight to Cusco.

Upon arrival in Cusco, we drive to the “Sacred Valley of the Incas”, a succession of picturesque Andean towns, agricultural terraces, and many archaeological sites, as well as the world’s most famous white corn cultivated for export. The mild climate, the varied and dramatic scenery of snow-capped mountains, flowering meadows, lush green hills and spectacular flora and fauna, make the Valley a prime adventure destination in South America.

On our way to the Sacred Valley we visit **Sacsayhuaman**, the largest and most impressive of four archaeological ruins on the outskirts of Cusco. Built by the Incas, it served an important military function and was the site of a major battle with the Spanish in 1536. The complex was constructed out of massive stones, some weighing as much as 300 tons, cut to fit together without the use of mortar.

We will also stop en route to learn the ancient weaving techniques used to create Andean clothing at **Awanacancha**, a breeding center for South American camelids.

Lunch is served at the private **Hacienda Huayoccari** which is the residence of the Lambarri-Orihuela family, who are the descendants of one of the most prestigious families in Cusco. Set amidst beautiful surroundings, breath-taking garden views over the Sacred Valley, and an impressive collection of Inca and colonial art and artifacts.

Overnight at **Tambo del Ika**

Meals—B, L



Day 4 – Tuesday, August 9th: Andean Ceremony to the Mother Earth; Pisac Market; Amaru Community with lunch— Afternoon CE Lecture

Breakfast at the hotel

This morning we head off to visit the **Pisac Market** which over the years has evolved to be one of South America's most famous souvenir markets. Afterwards, we immerse ourselves into the heart of Andean culture by participating in a very special ceremony of sound and traditional offerings to Pachamama, or Mother Earth. Afterward we visit the charming **Amaru Community** and discover its engaging and amazing people. Learn about the intricacies of their weaving processes straight from the hands of master craftswomen. The vivid colors of the Amaru villagers' clothing are derived from organic plant dyes with which they decorate wool.

Lunch will be a typical Andean meal in the community.

Late afternoon CE Lecture (2 hours) and evening at leisure

Overnight at **Tambo del Inka**

Meals—B, L

Day 5 – Wednesday, August 10th: Maras and Moray – Aguas Calientes

Breakfast at the hotel

Today we visit the town of Maras and the archaeological site of **Moray**. The tour begins by visiting the “agricultural laboratory” of Moray, which consists of circular concentric geological depressions, reinforced by agricultural terracing that follows the shape of these geological lines. There are considerable temperature differences between each level, which facilitated the adaptation of plant species in different ecological levels, notably the important Sacred Leaf of Mama Kuka (erythroxylum coca).

Next we follow the path to Maras Pampas, where people farm the land to rear cattle and sheep. The Urubamba mountain range and its snow-capped peaks provide a spectacular background for our walk.

On to the town of Maras where we will see the fronts of the ancient houses, made from finely worked stone, indicative of the economic heights achieved by the town's population at that time. Continuing our walk through spectacular Quechua scenery, to arrive at the **Salineras of Maras** (Maras Salt pans), where the bright white glow can be seen from a distance.

We continue to the Inca town of Ollantaytambo where we can see the ancient water channels and stone streets. High above the town rises an impressive ceremonial center and a fortress that guarded the access to the inferior part of the valley. Lunch will be a typical Andean meal “**Pachamanca**” (Pacha “Earth” Mank “olla”); this traditional dish is more a cooking method prepared underground with hot stones where you can taste different types of meats: beef, pork, chicken combined with the delicious Andean potatoes, sweet potatoes and corn.

After lunch we board the **Vistadome Train** to **Aguas Calientes**.

Hotel check in and dinner

Overnight at **Inkaterra Machu Picchu Pueblo**

Meals—B, L, D



Day 6 – Thursday, August 11th: CE Lecture and Aguas Calientes

Breakfast at the hotel

Morning and early afternoon at leisure to enjoy the spectacular property and optional activities.

Late afternoon CE Lecture (3 hours)

Dinner

Overnight at **Inkaterra Machu Picchu Pueblo**

Meals—B, D



Day 7 – Friday, August 12th: Machu Picchu – Cusco

Today is the day we have been waiting for!

We wake up early and board a bus to **Machu Picchu** where we begin a guided tour of the Inca Citadel followed by some free time to explore Machu Picchu on your own.

Lunch will be at the fabulous Belmond Sanctuary Lodge Restaurant

We then head back to Aguas Calientes to board the train back to Cusco.

Overnight at **Belmond Monasterio**

Meals—B, L



Day 8 – Saturday, August 13th: Cusco Walking Tour and Vibrant Mercado San Pedro Market—CE Lecture

Breakfast at the hotel

Meet our guide walking tour of **Cusco**. Walk to vibrant San Pedro Market and discover first-hand how locals live day-to-day, outside of Cusco's tourist zones. Smell the scents of local produce and flora, absorb the styles and textures of the local fashion or discover the traditional fruits, vegetables and ingredients that make up the main staples of traditional meals.

After the market, visit the legendary Koricancha, which is the most important temple with walls once plated with sheets of gold and devoted to worshipping the Sun deity. Continue to the Plaza de Armas or main square to visit the Cathedral, and end your tour in the bohemian quarter of San Blas. The area is home to the workshops and stores of the most renowned artisans in Cusco, including Mendivil and Merida.

Afternoon CE Lecture (2 hours)

Dinner

Overnight at **Belmond Monasterio**

Meals—B, D



Day 9 – Sunday, August 14th: Cusco – Lima – International Departure



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Lecture 1 (3 hours)

What's New? Updates on Local Anesthesia Pharmacology and Safety

This lecture is for those who wish to expand their understanding of the pharmacologic mechanisms of local anesthesia and to solve some of the difficulties that arise in obtaining profound anesthesia in the oral cavity. How do local anesthetic agents work for dentistry, and why don't they always work? Simple calculations for maximum safe dosage levels and possible contraindications and interactions of local anesthetic solutions with patient medical conditions and medications are presented. The controversy surrounding the use of articaine (Septocaine) and prilocaine (Citanest) for block anesthesia injections will be addressed, and management of possible complications and injuries related to the delivery of oral local anesthesia agents, such as hematoma, paresthesia, and trismus, will be discussed. Use of alternative anesthesia modalities, such as topical anesthetic formulations (Oraqix, compounded topicals), the anesthetic-reversal agent (OraVerse) and anesthesia buffering systems (OnSet and Anutra) are also presented.

Learning Objectives: Following this presentation, participants will be able to:

1. Discuss the mechanisms and clinical importance of local anesthetic uptake and binding.
2. Discuss advantages and disadvantages for use of the available local anesthetic agents with and without vasoconstrictor additives.
3. Discuss potential adverse reactions to local anesthetics, such as syncope, allergy, and toxicity, and how to minimize the risk of adverse reactions.
4. Have a thorough understanding of the pharmacology of available local anesthetic agents, including their advantages, disadvantages, and safety profiles.
5. Be better able to assess and manage complications that may occur in the delivery of local anesthesia, and be better able to avoid them when possible.
6. Discuss the science and effectiveness of new anesthetic delivery systems such as nasal inhalation, buffering, and reversal agents that have been introduced to dental practitioners.
7. Apply the latest anesthetic agent technology to their daily practice, and describe the latest trends in achieving profound patient comfort.

Lecture 2 (2 hours)

What's New? Updates on Local Anesthesia Techniques

This lecture is designed for anyone who wishes to expand their understanding of the delivery techniques of local anesthesia and to solve some of the difficulties that arise in obtaining profound anesthesia in the oral cavity. Review of the anatomical landmarks and structures important to effective and safe delivery of local anesthesia forms the foundation for this presentation. A wide range of both maxillary and mandibular block and infiltration techniques will be emphasized, including discussion of the Gow-Gates and Akinosi mandibular division nerve block techniques, and techniques for recognizing and anesthetizing accessory nerve pathways will be discussed.

Learning Objectives:

1. Describe the anatomy and landmarks commonly used for a variety of local anesthesia block and infiltration injections of the mandible and maxilla.
2. Compare the advantages and disadvantages of each of the possible techniques that could be used in any given situation.

3. Contrast the appropriate uses of mandibular and maxillary quadrant anesthesia techniques.
4. Understand a rational protocol for troubleshooting and solving difficulties in achieving profound local anesthesia.
5. Discuss the best secondary injection techniques and agents to anesthetize infected teeth.
6. Describe methods to decrease the risk of injection-related complications, such as hematoma or paresthesia.

Lecture 3 (3 hours)

It's Alive! The Anatomical Basis of Dentistry

This course reviews selected aspects of head and neck anatomy fundamental to the practice of dentistry. The topics will be approached from a functional perspective with emphasis on common anatomical variations, pertinent anomalies and important clinical applications. This course is for dentists, hygienists and assistants who wish to gain a better appreciation for the anatomical basis of dental practice.

Learning Objectives:

1. Basic anatomical relationships and landmarks which are key to accurate examination and evaluation of dental patients.
2. Detailed anatomy of the superficial face, the masticatory musculature, the temporomandibular joint, the infratemporal fossa, and the oral and nasal cavities, and how function and disease/injury conditions relate to the anatomy.
3. Anatomical considerations and variants that must be carefully taken into account when treatment planning placement of implant restorations.
4. The anatomical pathways and likely patterns of the spread of infection or cancer metastases in the head and neck region.
5. At least a few of the possible causes and management considerations when assessing potential sleep apnea signs and symptoms in patients.

Lecture 4 (2 hours)

Management of Caries Disease: It's Not Just About the Drill Anymore

Tremendous progress has been made in our understanding of caries disease resulting in better assessment and management tools for this most fundamental of dental diseases. This lecture is will review, update, and further your knowledge of the diagnosis and optimal management of caries disease. Presentation of the most current protocols for caries disease assessment and management by risk assessment (CAMBRA) are presented, with particular emphasis on salivary flow, bacterial composition, and oral pH measurement. Options for minimally invasive comprehensive removal and/or restoration of carious lesions are also discussed. Is complete caries removal necessary? What role can glass ionomer materials play in caries management? What benefits might Silver Diamine Fluoride hold for our patients? The goal of this presentation is for practitioners to their offices with renewed empowerment to provide the very best of comprehensive care to all patients.

Learning Objectives:

1. Discuss the science of caries disease prevalence and the practicality of various methods proposed for eradicating, or at least controlling, caries disease.
2. Describe protocols for assessing and managing different levels of active caries disease and risk for future disease, from mild to extreme.
3. Provide detailed descriptions of treatment options, both chemical and mechanical, for different levels of caries disease and risk.
4. Extrapolate where the future of caries disease prevention and restorative options are likely to lead us.



Alan Budenz, MS, DDS, MBA is professor in the Department of Biomedical Sciences and the Department of Diagnostic Sciences at the University of the Pacific, Arthur A. Dugoni School of Dentistry in San Francisco, California. He received his graduate degree in Anatomy from the University of California, Los Angeles, and his dental degree from the University of California, San Francisco. He has more than 40 years of general practice experience in San Francisco, has served as a clinical group practice administrator and as chair of the Department of Diagnostic and Emergency Services and is a general dentistry clinical floor instructor at Pacific, as well as having taught anatomy courses at Pacific since 1984. Due to his background, he is well qualified to combine basic anatomical instruction with practical clinical applications for dentists and hygienists alike. He has lectured internationally on local anesthesia, oral medicine, cariology, and the anatomical

basis of dentistry topics, and has been recognized as an Annual Leader in Continuing Education by "Dentistry Today" for consecutive years since 2005.

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