Travel + Leisure recently named Portugal its “Destination of the Year”. Go for the food, go for the wine, go for the architecture, go for the hospitality...but definitely go!

Fri, Oct 25  Depart US
Sat, Oct 26  Arrive Lisbon
 Transfer to hotel
 Afternoon at leisure
 Dinner
 Overnight at 5* Pousada de Lisboa
 Meals—D

Sun, Oct 27  Lisbon and CE Lecture
 Breakfast at hotel followed by CE Lecture
 Depart from hotel to discover Lisbon by Tuk tuk’s - the tour will show the highlights of the city as we pass through several neighbourhoods on our way to lunch overlooking Old Lisbon before our visit to Saint George Castle.
 Dinner on own
 Overnight at 5* Pousada de Lisboa
 Meals—B, L

Mon, Oct 28  CE Lecture and Sintra
 Breakfast at hotel followed by CE Lecture
 Tour of Sintra Palace
 A UNESCO World Heritage Site and the best-preserved medieval royal palace in Portugal. Sintra Palace was a favourite of the Portuguese nobility. The minimalistic gothic exterior of the palace hides a wonder of decorative state rooms. The palace’s long history has been intertwined with the fortunes of Portugal’s ruling nobility, who resided here from the early 15th through to the late 19th century making it Portugal’s most lived in royal palace.
Afternoon at leisure
Portuguese Cooking Experience and Dinner
Overnight at **5* Pousada de Lisboa**

**Meals—B, D**

**Tue, Oct 29**  Óbidos and Douro Valley

Breakfast at the hotel and check-out

Depart for Óbidos

*A small village completely surrounded by ancient defence walls with some precious monuments, fine towers and a medieval castle. It is inevitably one of Portugal's most visited sites, but its authenticity hasn't yet been ruined by tourism. Throughout the village you'll see gothic doorways, potted plants and lots of bougainvillea, while the castle is now a pousada. You can walk around its ramparts for the best views and photos. At the end of your sightseeing, try the famous local drink, the ginjinha (cherry liqueur), often served in a chocolate glass.*

In the afternoon we head to picturesque Douro Valley where we will spend the evening Dinner at the hotel

Overnight at **5* Douro Royal Valley Hotel & Spa**

**Meals—B, D**

**Wed, Oct 30**  CE Lecture Day in the Douro

Breakfast at hotel followed by CE Lecture

Check out and depart for Porto

*The Douro Valley is the land of Port wine where nature and man's work blend in a grand landscape full of contrasts. Surrounded by mountains, the Douro Valley is a hot and dry enclave amidst a cold land. The granitic foothills of Marão and Montemuro shelter this region from the Atlantic humid winds which is why Mediterranean plants have grown here for centuries—grape vines, olive and almond trees, as well as sweet and tasty fruits, such as oranges, figs, peaches and cherries.*

Coffee break at Casa da Calçada

Wine tasting and lunch at Quinta da Pacheca

Dinner on own

Overnight at **5* Infante Sagres**

**Meals—B, L**

**Thu, Oct 31**  Porto

Breakfast at hotel followed by CE Lecture

Walking Tour
Afternoon at leisure  
Dinner on own  
Overnight at **5* Infante Sagres**

Meals—B, L

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**Fri, Nov 1**  
**Minho**
Breakfast at hotel followed by **CE Lecture**
Today we head north to the beautiful province of Minho with stops in Guimarães, a UNESCO World Heritage Site and Braga, home to the oldest cathedral in Portugal. Lunch will be at a beautiful Pousada.
Farewell Dinner at **Barão Fladgate**
Overnight at **5* Infante Sagres**

Meals—B, L, D

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**Sat, Nov 2**  
**Fly Home From Porto**

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For more information contact

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ORAL CANCER and RELATED PREMALIGNANCY: BIG TOBACCO’S DIRTY LITTLE SECRETS ABOUT “SAFE” ALTERNATIVES TO CIGARETTES

ORAL CANCER continues to be a significant health problem in the United States. Over 30,000 new cases of oral cancer are diagnosed each year. Currently, one-third of those patients who receive a diagnosis of oral cancer will eventually die of their disease. The long-term survival of oral cancer patients is directly proportional to early detection, diagnosis, and treatment of the disease. In recent years, the tobacco industry has promoted various “safe” alternatives to cigarettes. This course is designed to provide dentists, dental hygienists, and assistants with information on various aspects of oral cancer, including the fallacy of “safe” alternatives to cigarettes. Emphasis will be placed on the clinical recognition of premalignant and malignant lesions and indications for diagnostic procedures. At the conclusion of this course, the participants will know:

1. The major etiologic factors for oral cancer
2. The available screening and diagnostic methods for oral cancer
3. The current treatment modalities for oral cancer
4. The various unsafe alternatives to cigarette smoking

DIAGNOSIS AND TREATMENT OF RECURRENT ORAL ULCERS or IF I KNEW I WAS GOING TO SEE THIS STUFF, I WOULD HAVE STUDIED IT HARDER IN SCHOOL

Recurrent oral ulcerations frequently pose diagnostic and therapeutic problems for the practicing dentist and dental hygienist. Because of overlapping clinical signs and symptoms, many of these disorders may be confused with each other and, as a result, treated inappropriately. This course is designed to provide dentists, dental hygienists and assistants with the clinical signs and symptoms of such diseases, diagnostic criteria and tests needed to achieve an accurate diagnosis, and currently accepted therapeutic modalities used in patient care. Emphasis will be placed on those disorders that the practicing dentist and dental hygienist can expect to encounter in an average patient population. At the conclusion of this course, the participants will know:

1. The clinical signs and symptoms of common oral ulcerations
2. The most useful OTC and prescription medications used to treat oral ulcerations
3. The most common tests used to diagnose chronic oral ulcerations

INFECTIOUS HAZARDS IN DENTISTRY or WHAT YOU NEVER THOUGHT YOU’D HAVE TO WORRY ABOUT AFTER YOU PASSED NATIONAL BOARDS

In recent years, there has been a dramatic increase in the number of infectious diseases of specific importance to dentistry. Disease prevention, timely diagnosis, and early therapeutic intervention have even more profound implications in an era of increasing numbers of affected patients and dental health care workers. This course is designed to provide dentists, dental hygienists, and assistants with the clinical signs and symptoms of infectious hazards in the dental office. Emphasis will be placed on clinical recognition, diagnostic procedures, and treatment referral. At the conclusion of this course, the participants will know:

1. The clinical signs and symptoms of the most common and significant infectious hazards in dentistry
2. The most useful OTC and prescription medications used to treat oral infections
3. The most common tests used to diagnose oral infections
4. Which oral infections merit a medical referral

SPIT HAPPENS (and sometimes it doesn’t): THE DIAGNOSIS AND TREATMENT OF SALIVARY GLAND DISEASE

Disorders of salivary glands comprise a wide variety of diseases and conditions which affect patients of all ages. Neoplastic salivary gland diseases, while relatively uncommon, can have a significant impact on the long-term survival of affected individuals. Xerostomia is a frequently encountered clinical problem which may result from a variety of etiologic factors and have a profound influence on the quality of life. A variety of non-neoplastic salivary gland diseases are frequently encountered in clinical practice and must be differentiated from more serious conditions. This course is designed to provide dentists, dental hygienists, and assistants with an overview of salivary gland diseases. Emphasis will be placed on the clinical recognition, diagnosis, and management of these entities. At the conclusion of this course, the participants will know:

1. The clinical signs and symptoms of salivary gland neoplasms
2. The most useful OTC and prescription medications used to treat xerostomia
3. The varying etiologies of xerostomia
4. The clinical signs and symptoms of non-neoplastic salivary gland diseases

Dr. Denis Lynch received his Doctor of Dental Surgery degree from the University of California at San Francisco in 1976. He subsequently completed a residency in oral and maxillofacial pathology at the University of Alabama at Birmingham, as well as a Ph.D. in Experimental Pathology. Dr. Lynch joined the faculty of the University of Texas Dental Branch at Houston in 1981, eventually serving as Executive Associate Dean. In 1993 he went to the University of Tennessee Memphis as Executive Associate Dean of the College of Dentistry and served as both Professor of Dentistry and Professor of Medicine until 2002. Dr. Lynch is currently Professor of Oral and Maxillofacial Pathology and, from 2002 until 2015, was the Associate Dean for Academic Affairs at Marquette University School of Dentistry in Milwaukee. He is also Professor of Dermatology and Otolaryngology-Head and Neck Surgery at the Medical College of Wisconsin. Dr. Lynch is the author of numerous scientific articles and book chapters, as well as the co-author of The Mouth: Diagnosis and Treatment.

Dr. Lynch has no conflict of interest to disclose.