

Review of Topics Covered

1. **BASIC REVIEW** – A brief basic review of dental sleep medicine with emphasis on the most current information of the science which should be guiding our treatment decision making.
2. **PRACTICE MANAGEMENT SECTION:** An in depth and honest discussion of patterns of practice as we share our experiences and problem solve together. There will also be an extensive review of recommended office coordination and methods to increase referral base and patient acceptance. It is in this section that we will discuss various options to handle fees, ambulatory studies (fees and decision making,) post insertion visit procedures, etc. The new and exciting Dental Sleep Masters Program will be introduced and explored.
3. **CASE PRESENTATIONS** -- We will begin with basic cases that follow the “normal” path and progress to more difficult and challenging cases that deal with untoward effects, including joint and muscle complications, as well as compliance issues. NOTE: All participants are encouraged to bring a case (or cases) to present. Cases should be sent in two weeks in advance of the course.
4. **LITERATURE REVIEW** – Current, as well as relevant crucial literature, will be on the list to review. The appropriate method of review will be demonstrated, and the reviews will lead to in-depth discussions of the topics.
5. **TEMPOROMANDIBULAR JOINT AND MUSCLE SECTION** -- There will be an extensive review of practical anatomy and physiology followed by the appropriate diagnosis of untoward effects. The ability to diagnose and treat these untoward effects can be critical in your ability to help patients – many for whom oral appliance therapy is their only treatment option. We will also discuss at length both the best ways to prevent and manage dental changes.
6. **SLEEP AND PAIN CONNECTION** - The relationship between sleep and pain is becoming more understood. We will review this in some depth and discuss how to treat those patients with coexisting pain patterns that may seem to preclude the oral appliance therapy they need. We will review what appliances are more appropriate for our patients with chronic pain and why. We will learn why OAT is NOT contraindicated in patients with degenerative joint disease or even internal derangements, as well as how to better prepare those patients with some joint arthralgia for oral appliance therapy.