

Advanced Dental Sleep Medicine Basic Course Information

You will be sent a link to download the lit that will be reviewed in the course.
It is suggested that you review this lit list.
You will be given ONE article to review and be prepared to present.

Registration Opens at 7:30 Friday morning.
Continental Breakfast Provided Friday and Saturday.
The course starts promptly both Friday and Saturday at 8 AM.
The course ends at 5:00 PM on Friday and 4:30 on Saturday
Lunch provided on both days: 12:30 to 1:30 PM

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. In addition there will be an extensive review of recommended office coordination and recommendations to increase referral base and patient acceptance. It is in this section we will discuss various options to handle fees, ambulatory studies (fees and decision making,) post insertion visit procedures, etc.
3. **CASE PRESENTATIONS** -- The cases that will be presented will start with basic cases that follow the “normal” path and then move towards 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 advance of the course.

4. **LITERATURE REVIEW** – Current as well as relevant crucial lit 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 of whom the oral appliance therapy is their best opportunity for treatment. We will also discuss at length both the best ways to prevent dental changes as well as the best ways to manage them.

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.