

AACP 17th Annual Mid-Winter Meeting

NEW ORLEANS

Royal Sonesta Hotel

January 30-31, 2009

Sleeping & OSA:

*The Role of Dentists
and Physicians in
Maximizing Treatment
Outcomes*



Photos courtesy of New Orleans Metropolitan
Convention & Visitors Bureau, Inc.



DISTINGUISHED SPEAKERS

Mark G. Goetting, MD

Lena Lavie, PhD

Peretz Lavie, PhD

Carole L. Marcus, MBBCh

Kent E. Moore, DDS, MD

John E. Remmers, MD

Richard J. Schwab, MD

Jamison R. Spencer, DMD

Robert L. Talley, DDS

*Donald W. Warren, DDS
Academy President*

*Terry R. Bennett, DMD
Program Chairman*

**Dentistry's Expanding Role
in Sleep Disorders**



ROBERT L. TALLEY, DDS (Norman, OK), manages a private practice that has been limited to conservative care through interdisciplinary management of patients with sleep disorders, TMD and craniofacial pain since 1983. Founding member, 2x president and AACP Fellow, Dr.

Talley is a Diplomate of the American Board of Dental Sleep Medicine, the American Board of Craniofacial Pain, the American Board of Orofacial Pain and the American Academy of Pain Management. He is the author of the "Dental Sleep Medicine" chapter of the AACP's forthcoming book *Craniofacial Pain: A Handbook for Assessment, Diagnosis & Management* and an AACP Institute faculty member. He is a graduate of the University of Missouri, Kansas City, School of Dentistry (1971).

**Overview of Sleep Disorders including
Airway Imaging**



RICHARD J. SCHWAB, MD (Philadelphia, PA), is Full Professor of Medicine and Co-Director, Penn Sleep Center at the University of Pennsylvania Medical Center. Author of numerous articles on sleep, Dr. Schwab has served as a reviewer for *Sleep*, *Chest* and the *American Journal of*

Critical Care Medicine. He earned his MD at the University of Pennsylvania (1983) and is certified in Critical Care, Internal Medicine, Pulmonary Disease, and Sleep Medicine. He is a member of the American Thoracic Society and the American Sleep Disorders Association, and has been recognized as a "Top Doc" by *Philadelphia Magazine*.

**The Swinging Pendulum
of Sleep Medicine**



PERETZ LAVIE, PhD (Haifa, Israel), received his formal training in sleep research and sleep medicine at the University of Florida and at the University of California, San Diego, and was also a visiting professor at Harvard University in Boston. In 1975, he joined the Ruth and Bruce

Rappaport Faculty of Medicine at the Technion-Israel Institute of Technology, where he founded the Sleep Research Laboratory and the Center for Sleep Medicine. Considered one of the founders of sleep medicine, Professor Lavie has published over 340 scientific articles and eight books in the field of sleep research and sleep disorders. His book, *The Enchanted World of Sleep* has been translated into 15 languages.

**Avoiding & Treating Jaw Pain
in the OSA Patient**



JAMISON R. SPENCER, DMD (Boise, ID), attended Southern Illinois University School of Dental Medicine in Alton, IL. Upon graduation, he entered a practice in Boise, ID, which was limited to treatment of TMJ disorders. A few years into practice, Dr.

Spencer started treating sleep apnea patients as part of a multi-disciplinary approach. He is a Diplomate of the American Board of Dental Sleep Medicine and the American Board of Craniofacial Pain, and an AACP Fellow. Dr. Spencer currently serves as AACP's President Elect and recently completed a 3-year distance learning MS degree program in craniofacial pain through Tufts University.

**Sleeping & Breathing:
The Human Conundrum**



JOHN E. REMMERS, MD (Calgary, Alberta, Canada), is a Pulmonologist and Professor of Internal Medicine and Physiology & Biophysics at the University of Calgary supported by the Alberta Heritage Foundation for Medical Research. A well-known expert on snoring and

sleep apnea, Dr. Remmers established the Sleep Centre at Foothills Hospital and has been clinically active in the field for 30 years. He and his colleagues have developed a simple home monitor that effectively diagnoses sleep apnea. Dr. Remmers performs a variety of research, ranging from study of sleep-disordered breathing in animals to treatment of sleep apnea. He served two terms as Editor-in-Chief of the *Journal of Applied Physiology* and was selected to present honorary research lectures by the American Thoracic Society and the American Physiological Society.

**Oxidative Stress: The Culprit
of Sleep Apnea**



LENA LAVIE, PhD (Haifa, Israel), is Associate Professor in the Ruth and Bruce Rappaport Faculty of Medicine in the Technion-Israel Institute of Technology, and head of the Lloyd Rigler Sleep Apnea Research Laboratory. She specializes in

biochemistry and cellular biology of oxidative stress and inflammation. Currently, her research is aimed at understanding the pathophysiological mechanisms that lead to cardiovascular morbidity in sleep apnea syndrome. Specifically, she focuses on understanding the interrelations between intermittent hypoxia, oxidative stress, and inflammatory cell activation, and how they affect endothelial function, with particular emphasis on their clinical implications to sleep apnea syndrome.

**Surgical Therapy for Obstructive
Sleep Apnea**



KENT E. MOORE, DDS, MD (Charlotte, NC), is an Oral & Maxillofacial Surgeon who focuses on treatment of patients with sleep-related upper airway pathology (e.g., OSA) and corrective jaw surgery. Dr. Moore served as faculty for the American

Academy of Sleep Medicine's National Board Review Course (2002-2005) and published a system for categorizing patterns of tongue-base narrowing. He is Founder and Past Chairman of the American Association of Oral & Maxillofacial Surgeon's Clinical Interest Group on Sleep-Related Breathing Disorders and OSA, Immediate Past President of the American Academy of Dental Sleep Medicine, and Past President of the American Board of Dental Sleep Medicine. He is also the current Vice-President of the International Society of Sleep Surgeons.

**Childhood OSA: Implications
for Future Health**



CAROLE L. MARCUS, MBBCh (Philadelphia, PA), is Professor of Pediatrics at the University of Pennsylvania and Director of the Sleep Center at Children's Hospital of Philadelphia. Dr. Marcus served as Children's Hospital of Philadelphia GRC Program Director

(2003-2006), and is Associate Director of the Institute for Translational Medicine and Therapeutics. She is also Deputy Editor for the journal *Sleep*, and has had leadership roles in the Sleep Research Society, American Thoracic Society and American Academy of Pediatrics. Her research focuses on developmental changes in upper airway physiology and the pathophysiology of pediatric OSA. A graduate of University of the Witwatersrand, South Africa, she completed her residency at the State University of New York (Brooklyn) and her Fellowship at Children's Hospital Los Angeles.

**Illustrative Cases in
Sleep Medicine**



MARK G. GOETTING, MD (Portage, MI), graduated from The College of Human Medicine at Michigan State University. He completed training in neurology and sleep medicine at The University of Michigan, followed by an additional

fellowship in pediatric critical care medicine at Henry Ford Hospital. Dr. Goetting has authored over 40 peer-reviewed papers as well as book chapters and numerous abstracts. His current research interests are in the clinical aspects of sleep-disordered breathing and pharmacotherapy of chronic insomnia and restless legs syndrome. Dr. Goetting serves as Medical Director of Sleep Health, a comprehensive sleep disorders center in Portage and Kalamazoo, Michigan, and is Clinical Associate Professor of Medicine, Pediatrics and Neurology at Michigan State University. Dr. Goetting is a Fellow of the American Academy of Sleep Medicine and a nationally recognized lecturer.

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in Maximizing Treatment Outcomes*

ADAC·E·R·P
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AACP is an ADA CERP Recognized Provider.
January 1993 to December 2009.



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June 1, 2007 to May 31, 2011

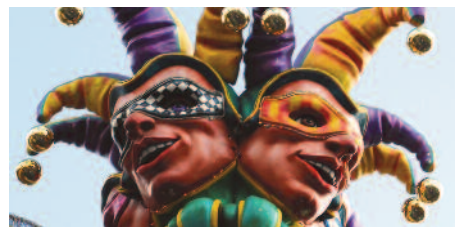


Photo courtesy of New Orleans Metropolitan
Convention & Visitors Bureau, Inc.

AMERICAN ACADEMY OF CRANIOFACIAL PAIN

Founded in 1985, the AACP is the largest professional organization in dentistry for those interested in the assessment, diagnosis and management of patients who suffer from craniofacial pain, temporomandibular disorders and sleep disorders. The goals of the AACP are: to elevate and enhance the professional standards of diagnosis and treatment in the field of Craniofacial Pain and TMD; to encourage research and further study; to recognize for the benefit of the public those professionals who have specialized knowledge and skills in diagnosis and treatment; to promote and improve professional levels of competency; and to encourage the highest standards of excellence for practitioners.

WAYS TO REGISTER

CALL:

800.322.8651 or 847.885.1272

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847.885.8393

WRITE TO:

AACP Central Office
1901 N. Roselle Road, Suite 920
Schaumburg, IL 60195-3187

TUITION

\$700.00 AACP-Member Doctor

\$850.00 Non-Member Doctor

\$450.00 Staff

Join AACP & Save: Tuition savings is one of many benefits of being an AACP member. To qualify, simply submit a completed AACP membership application (with processing fee) with your Mid-Winter Meeting registration. To obtain your membership application, contact the AACP Central Office at 800.322.8651 or 847.885.1272 today!

FORMS OF PAYMENT

Checks are acceptable when registration is submitted by mail or completed on-site at this meeting. Checks must be payable to AACP, in US dollars, and drawn on a US bank.

Credit Cards may be used for registrations that are mailed, faxed, phoned in or completed on-site. AACP accepts **VISA** and **MasterCard** only. AACP reserves the right to charge the correct tuition amount if different from your calculated total.

CANCELLATION POLICY

Tuition refunds (less 10%) must be requested at least 14 days prior to meeting start date.

HOTEL INFORMATION

Royal Sonesta Hotel
300 Bourbon Street
New Orleans, LA 70130
(in the heart of the French Quarter)
Call: 504.586.0300

AACP Rate: \$189.00 (single or double occupancy, plus tax)

*Rooms at this rate are available on a first-come, first-served basis until our block is sold out or **December 31, 2008**, whichever happens first!*

The Royal Sonesta Hotel requires at least 72 hours notice prior to your scheduled arrival to cancel guest room reservations without penalty.

EXHIBITS

Educational, informational and commercial exhibits will be available for viewing during this meeting, and representatives will be on hand to answer questions.

Friday, January 30th:
7:00 AM – 7:30 PM

Saturday, January 31st:
7:00 AM – 5:00 PM

Approximately 13.75 CE credits are available at this meeting.

7:00 AM – 8:00 AM

8:00 AM – 8:15 AM

8:15 AM – 9:15 AM



Robert L. Talley, DDS

9:15 AM – 10:15 AM



Jamison R. Spencer, DMD

10:15 AM – 10:45 AM

10:45 AM – 12:00 PM



Kent E. Moore, DDS, MD

12:00 PM – 1:30 PM

1:30 PM – 3:00 PM



Richard J. Schwab, MD

3:00 PM – 3:30 PM

3:30 PM – 5:00 PM



John E. Remmers, MD

5:00 PM – 5:30 PM

5:30 PM – 7:30 PM

Registration & Lite Continental Breakfast

Opening Remarks and Announcements

Dentistry's Expanding Role in Sleep Disorders by Robert L. Talley, DDS

Dentistry provides the most significant contact with individuals with potential sleep disorders of any of the health professions. Through screening efforts that can be done on regular follow-ups in the practice, dentists can get the necessary information from the patient to make the appropriate referral and set in motion appropriate steps for assessment, diagnosis and treatment planning. Dr. Talley will explain the many levels of action available to dentists and how to implement those options.

Upon conclusion, attendees should be able to:

- Implement fundamental screening questionnaire, staff and doctor interviews and referral protocols.
- Create a comprehensive examination/evaluation of the potential sleep disorders patient.
- Understand the thorough protocols for history, examination, and assessment; direct the patient to complete diagnostic testing; and know the protocols of oral appliance therapies when indicated.

Avoiding & Treating Jaw Pain in the OSA Patient by Jamison R. Spencer, DMD

Avoiding TMJ dysfunction and jaw pain begins with a good exam and diagnosis. Advanced planning techniques may be used to help in treatment planning and patient education. Simple patient instructions, when followed, will also help avoid the more serious side effects associated with oral appliance therapy.

Upon conclusion, attendees should be able to:

- Perform a limited TMJ exam specific to the OSA patient.
- Recognize hallmarks of potential problems.
- Treatment plan to avoid problems.
- Handle jaw pain and dysfunction related to oral appliance therapy.

Break

Surgical Therapy for Obstructive Sleep Apnea by Kent E. Moore, DDS, MD

Despite the favorable profiles of oral appliance and CPAP therapy in the treatment of OSA, surgical therapy for OSA continues to evolve and is still sought by many patients. If a surgical solution to upper airway obstruction can be achieved, compliance is eliminated as a treatment variable. This presentation will review the anatomical basis for surgical therapy for upper airway obstruction, as well as summarize the known medical and surgical literature surrounding these therapies.

Upon conclusion, attendees should be able to:

- Verbalize the anatomical basis for surgical therapy for OSA.
- Discuss commonly utilized surgical procedures for treatment of OSA.
- Identify the pathophysiologic basis of snoring as a pretext for treatment.
- Discuss the basis for surgical referral for patients with OSA.

Lunch (on your own)

Overview of Sleep Disorders including Airway Imaging by Richard J. Schwab, MD

This lecture will serve two purposes. First, Dr. Schwab will review normal sleep architecture and some of the more common sleep disorders, such as periodic limb movement disorder, narcolepsy (and its medication), and parasomnias, as well as the effects of sleep deprivation. Secondly, Dr. Schwab will examine the ways in which imaging technologies can assist in understanding how the upper airway is constructed and functions, thus aiding in the diagnosis and treatment of sleep-disordered breathing.

Upon conclusion, attendees should be able to:

- Understand the important ramifications of sleep deprivation and how it can adversely affect driving, the medical profession, and patients in the intensive care unit.
- Review upper airway anatomy and the differences between the normal and apneic airway and soft tissue structures.
- Discuss the advantages and disadvantages of upper airway imaging modalities.
- Demonstrate changes in upper airway morphology via CPAP, oral appliances, weight loss and surgery.

Break

Sleeping & Breathing: The Human Conundrum by John E. Remmers, MD

Sleeping and breathing are two essential life processes. However, a substantial part of our population cannot do both at the same time. A key feature that relates to this difficulty is the collapsibility of the human pharynx. The unique features of the human pharynx are related to speech and predisposed to pharyngeal obstruction in individuals with anatomic alterations. Importantly, pharyngeal protective reflexes appear not to play an important role during sleep. This situation leads to common clinical presentations that masquerade as migraine, TMJ disorders, Chronic Fatigue Syndrome and Fibromyalgia.

Upon conclusion, attendees should be able to:

- Understand the basic pathophysiology of OSA.
- Appreciate the importance of upper airway resistance in dental practice.
- Grasp how oral appliances ameliorate sleep-disordered breathing.
- Recognize the public health problem posed by sleep-disordered breathing.

Panel Discussion

President's Reception

Lectures by Drs. Peretz Lavie, Lena Lavie and Mark G. Goetting are sponsored, in part, by Itamar Medical, Ltd.

7:00 AM – 8:00 AM

Registration & Lite Continental Breakfast

8:00 AM – 9:30 AM



Carole L. Marcus, MBBCh

Childhood Obstructive Sleep Apnea: Implications for Future Health by Carole L. Marcus, MBBCh
Dr. Marcus will provide an overview and discuss recent findings regarding childhood Obstructive Sleep Apnea (OSA). The pathophysiology, diagnostic techniques and newer aspects of treatment will be discussed. Complications of OSA will also be reviewed.

Upon conclusion, attendees should be able to:

- Heighten their understanding of current concepts on the pathophysiology of childhood Obstructive Sleep Apnea Syndrome (OSAS).
- Better evaluate current methods for diagnosing and treating OSAS.
- Appreciate the consequences of OSAS on health and wellbeing in children.

9:30 AM – 10:00 AM

Break

10:00 AM – 12:00 PM



Peretz Lavie, PhD

The Swinging Pendulum of Sleep Medicine by Peretz Lavie, PhD

Given the fact that the scientific study of sleep started in the middle of the 20th century with the seminal discovery of Rapid Eye Movement (REM) sleep by Aserinsky and Kleitman (1953), the progress and development in sleep medicine is enormous. There is no doubt that the force behind the impressive development in sleep medicine was the growing awareness of breathing disorders in sleep and their significant impact on patients' health and quality of life. It is estimated now that Sleep Apnea Syndrome affects as much as 4% of middle-aged men and 2% of women, while the prevalence of breathing disorders in sleep that are not necessarily accompanied by subjective syndromes is 5-6 fold higher. Professor Lavie will trace the path of scientific discoveries that made sleep medicine a legitimate subspecialty of medicine, including key findings that demonstrate the close association between sleep apnea and cardiovascular morbidities and mortality. Based on recent findings from the Sleep Medicine Center in Israel, and by others, it will be argued that the future of sleep medicine should rely on shifting the emphasis from diagnosis to treatment and to preventive medicine strategies.

Upon conclusion, attendees should be able to:

- Learn the history of Sleep Apnea Syndrome.
- Understand the association between sleep apnea and cardiovascular morbidity.
- Understand how sleep apnea contributes to mortality.
- Increase their awareness of future trends in the practice of sleep medicine.

12:00 PM – 1:30 PM

Lunch (on your own)

1:30 PM – 3:00 PM



Lena Lavie, PhD

Oxidative Stress: The Culprit of Sleep Apnea by Lena Lavie, PhD

Obstructive Sleep Apnea (OSA), a major health problem, is closely associated with the development of cardiovascular morbidities. There is accumulated evidence that the repeated cycles of brief oxygen desaturations followed by reoxygenation that are characteristic of sleep apnea, similarly to hypoxia/reoxygenation, promote the formation of reactive oxygen species (ROS) and induce oxidative stress. ROS molecules and oxidative stress can cause endothelial dysfunction, directly by oxidation of various cellular components, or by initiating prothrombotic, inflammatory and immune pathways. But, ROS molecules also activate adaptive mechanisms as well. This may suggest that in OSA, protective mechanisms are activated as well. This presentation will focus on this course of events, with special emphasis on oxidative stress and inflammation and their interrelationship to adaptive responses. These may have important clinical implications to OSA pathology.

Upon conclusion, attendees should be able to:

- Understand what "oxidative stress" is.
- Learn how sleep apnea is associated with oxidative stress.
- Understand how sleep apnea is associated with inflammatory processes.

3:00 PM – 3:30 PM

Break

3:30 PM – 5:00 PM



Mark G. Goetting, MD

Illustrative Cases in Sleep Medicine by Mark G. Goetting, MD

There is always some lag between development of new insights, medications and technologies and their clinical application. Case presentations can be an effective tool for change in clinical practice. Dr. Goetting will discuss a series of cases, each illustrative of dynamic aspects in sleep medicine.

Upon conclusion, attendees should be able to:

- Increase their awareness of how theory and new technology can be used to enhance clinical practice.
- Understand how relevant basic science may be applied through examination of specific case examples.

5:00 PM

Adjourn



BY MAIL: Complete and mail the form at right (with payment) to:
AACP Central Office
 1901 N. Roselle Road, Suite 920
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TUITION

\$700.00 AACP MEMBER
 \$850.00 NON-MEMBER
 \$450.00 STAFF

HOTEL RESERVATIONS

Royal Sonesta Hotel
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The Royal Sonesta Hotel is located on world-famous Bourbon Street, in the heart of the French Quarter and within steps of the city's unique restaurants, antique shops, jazz clubs and premier tourist attractions.

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*Available on a first-come, first-served basis until all rooms in our block are sold or **December 31st**, whichever happens first!*

Snoring & Obstructive Sleep Apnea:

The Role of Dentists and Physicians in Maximizing Treatment Outcomes

January 30-31, 2009 | Royal Sonesta Hotel, New Orleans

REGISTRATION FORM

1. CONTACT INFORMATION - PLEASE PRINT

Fax completed registration form to 847.885.8393 or submit by mail to AACP, 1901 N. Roselle Road, Suite 920, Schaumburg, IL 60195-3187

Doctor's Name _____

Office Address _____

City _____ State _____ Zip _____

Office Phone _____ Office Fax _____

Email _____

Emergency contact (for use only while you are on-site at this meeting):

Name _____ Phone _____

2. REGISTRATION DETAIL

Name	Tuition	Sub-Total
Total AACP Mid-Winter Meeting Tuition		\$

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Enclosed is my check (in US funds, drawn on a US bank) payable to AACP in the amount of \$ _____

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