

2011–2012



**Tufts**  
UNIVERSITY  
School of  
Dental Medicine



# DENTAL SLEEP MEDICINE MINI-RESIDENCY

A comprehensive, multi-part program consisting of  
3 three-day modules held at  
Tufts University School of Dental Medicine  
Boston, MA  
plus guided self-study and distance learning video conferencing.



## COORDINATORS/FACULTY MEMBERS

NOSHIR R. MEHTA, BDS, DMD, MDS, MS  
LEOPOLDO P. CORREA, BDS  
JAMISON R. SPENCER, DMD, MS  
ROBERT L. TALLEY, DDS

## ADDITIONAL FACULTY & GUEST LECTURERS

FERNANDA R. ALMEIDA, DDS, MSc, PhD  
CAROLYN D'AMBROSIO, MD  
PETER A. CISTULLI, MD, PhD  
ALAN A. LOWE, DMD, PhD  
KENT E. MOORE, DDS, MD  
ALLEN J. MOSES, DDS  
JONATHAN A. PARKER, DDS  
GIORA PILLAR, MD, PhD  
JEANETTA C. RAINS, PhD  
JOHN E. REMMERS, MD  
KENNETH CLAYTON SASSOWER, MD  
STEVEN A. SHEA, PhD  
STEPHEN H. SHELDON, DO  
NOAH S. SIEGEL, MD

photos courtesy of Greater Boston Convention & Visitors Bureau



# DENTAL SLEEP MEDICINE MINI-RESIDENCY

*All modules will take place at:*

TUFTS UNIVERSITY  
SCHOOL OF DENTAL MEDICINE  
One Kneeland Street  
Boston, MA 02111



**Tufts**  
UNIVERSITY  
School of  
Dental Medicine



Tufts University School of Dental Medicine,  
in collaboration with the American Academy of Craniofacial Pain,  
is offering a comprehensive  
DENTAL SLEEP MEDICINE MINI-RESIDENCY program.

Founded in 1868,  
Tufts University School of Dental  
Medicine in downtown Boston, MA,  
offers one of the most forward-looking  
educational environments in  
dental medicine in the country.

Committed to preparing dentists  
for the 21st century, this prestigious  
institution developed the first  
university-level Dental Sleep Medicine  
program in the United States.

### **Program co-sponsor:**

AMERICAN ACADEMY  
OF CRANIOFACIAL PAIN  
12100 Sunset Hills Road, Suite 130  
Reston, VA 20190

Founded in 1985, the AACF  
is one of the largest professional  
organizations in dentistry  
devoted exclusively to those  
interested in assessment, diagnosis  
and management of patients who  
suffer from craniofacial pain,  
temporomandibular disorders  
(TMD) and sleep disorders.

### **On-site curriculum will include:**

- Lectures by leading clinicians in the Sleep Medicine and Dental Sleep Medicine fields
- Hands-on sessions
- Case presentations
- Video conferences

### **Guided self-study will include:**

- Sleep lab experience
- Literature review
- Case study preparation
- Inter-module guided learning (*i.e., assignments to be completed in advance of modules*)
- Video lecture review

### **Upon completion of this program, participants should be able to successfully:**

- Understand the relationship between craniofacial pain, headaches and TMD as they relate to sleep disorders.
- Evaluate the head, face, neck and airway as they relate to sleep-disordered breathing.
- Assess sleep studies, sleep imaging and their relationship to sleep-disordered breathing.
- Understand the 3-dimensional relationships that exist in Dental Occlusion and act as risk indicators for TMD and sleep disorders.
- Treat complex TMD and sleep-disordered breathing patients using unique combinations of oral appliances.
- Interact with medical sleep centers and understand the medical conditions affecting successful outcomes of treatments.

### **Eligible participants will receive:**

- A "Certificate of Completion" from Tufts University School of Dental Medicine
- A "Certificate of Completion" from the American Academy of Craniofacial Pain
- Approximately 80 CE hours (including on-site instruction plus guided self-study)

TO REGISTER, CALL 800.322.8651

## COORDINATORS/FACULTY MEMBERS

**NOSHIR R. MEHTA, BDS, DMD, MDS, MS (Boston, MA)**, is Associate Dean for International Relations, Professor and Chairman of the Department of General Dentistry, and Director of the Craniofacial Pain, Headache & Sleep Center at Tufts University School of Dental Medicine. He is a Diplomate of the American Board of Orofacial Pain, Fellow of the International College of Dentists and Fellow of the Pierre Fauchard Academy. Author of numerous scientific articles and chapters in major textbooks on orofacial pain, Dr. Mehta has and continues to lecture nationally and internationally on his areas of interest including dental occlusion and bruxism research.



**LEOPOLDO P. CORREA, BDS (Boston, MA)**, is Assistant Professor and Head of the Dental Sleep Medicine Section at the Craniofacial Pain, Headache and Sleep Center at Tufts University School of Dental Medicine. He earned his BDS degree at the Universidad Veracruzana, Xalapa, VER. MEXICO, and he completed extensive post-graduate clinical training on temporomandibular disorders at Tufts University School of Dental Medicine. Dr. Correa's clinical interests include temporomandibular disorders and sleep breathing disorders; his research interests include Obstructive Sleep Apnea and mandibular repositioning appliances.



**JAMISON R. SPENCER, DMD, MS (Boise, ID)**, attended Southern Illinois University School of Dental Medicine. Upon graduation, he entered a TMD limited practice. Soon thereafter, he started treating sleep apnea patients as part of a multi-disciplinary approach. A Diplomate of the American Board of Dental Sleep Medicine and the American Board of Craniofacial Pain, Dr. Spencer is President of the AACP and an AACP Institute faculty member. He completed a 3-year distance learning MS degree program through Tufts University, where he is an adjunct assistant professor. He is also an adjunct professor at Boise State University, where he teaches head and neck anatomy.



**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 and 2x past-president of the AACP, he is a Diplomate of the American Board of Dental Sleep Medicine, the American Board of Craniofacial Pain, and the American Board of Orofacial Pain. Author of the "Dental Sleep Medicine" chapter of *Craniofacial Pain: A Handbook for Assessment, Diagnosis & Management* and an AACP Institute faculty member, Dr. Talley is a graduate of the University of Missouri-Kansas City School of Dentistry (1971).



## ADDITIONAL FACULTY MEMBERS & GUEST LECTURERS

**FERNANDA R. ALMEIDA, DDS, MSc, PhD**  
Assistant Professor, Department of Oral Health Sciences,  
The University of British Columbia, Vancouver, BC

**CAROLYN D'AMBROSIO, MD**  
Medical Director, Center for Sleep Medicine, Tufts Medical Center,  
Boston, MA

**PETER A. CISTULLI, MD, PhD**  
Professor of Respiratory Medicine, University of Sydney and Royal  
North Shore Hospital, Sydney, Australia

**ALAN A. LOWE, DMD, PhD**  
Professor & Chair, Division of Orthodontics, University of British  
Columbia, Vancouver, Canada

**KENT E. MOORE, DDS, MD**  
Board-certified oral & maxillofacial surgeon, Charlotte, NC;  
Past President, American Board of Dental Sleep Medicine

**ALLEN J. MOSES, DDS**  
Private practice; Assistant Professor, Department of Psychology/  
Sleep Disorders, Rush University College of Medicine, Chicago, IL

**JONATHAN A. PARKER, DDS**  
Private practice; Part-time faculty member, Minnesota School of  
Dentistry; Director, American Board of Dental Sleep Medicine

**GIORA PILLAR, MD, PhD**  
Head of sleep laboratory at Rambam Medical Center; Associate  
Professor, Faculty of Medicine, Technion-Israel Institute of  
Technology, Haifa, Israel

**JEANETTA C. RAINS, PhD**  
Clinical Director, Elliot Sleep Evaluation Center, Manchester, NH

**JOHN E. REMMERS, MD**  
Pulmonologist; Clinical Professor, Department of Physiology &  
Pharmacology, University of Calgary, Alberta, Canada

**KENNETH CLAYTON SASSOWER, MD**  
Department of Neurology, Sleep Disorders Clinic, Massachusetts  
General Hospital, Boston, MA

**STEVEN A. SHEA, PhD**  
Associate Professor of Medicine, Harvard University Medical  
School; Associate Physiologist, Division of Sleep Medicine and  
Associate Director, Medical Chronobiology Research Program,  
Brigham & Women's Hospital, Boston MA

**STEPHEN H. SHELDON, DO**  
Professor of Pediatrics, Northwestern University, Feinberg School  
of Medicine and Director of the Sleep Medicine Center of  
Children's Memorial Hospital

**NOAH S. SIEGEL, MD**  
Private practice, ENT Specialists, Inc. and ENT Department,  
Massachusetts Eye & Ear Hospital, Boston, MA

## MODULE I

October 20–22, 2011

### THURSDAY, October 20th

*Welcome & Remarks*

*Head & Neck Anatomy  
Related to Airway & TMD*

*The Physiology & Functions of Sleep*

*Interrelationships Between  
TMJ Disorders & Sleep Disorders*

*Questions & Discussion*

### FRIDAY, October 21st

*Review of Day I & Discussion*

*Growth & Development*

*Pediatric Sleep Disorders*

*Overview of Sleep Apnea, Diagnosis*

*Co-Morbidities of Sleep Apnea*

*Sleep Disorders*

*Questions & Discussion*

### SATURDAY, October 22nd

*Review of Day II & Discussion*

*Clinical Examination; Use of the George  
Gauge for Bite Registrations*

*Imaging: Airway, Craniofacial, TMJ  
CBCT, MRI, Radiographs*

Hands-On Sessions:

*Clinical Examination*

*3-D Analysis  
of the Masticatory System*

*Bite Registration*

*Review of Sleep Studies*

*Getting Started with Oral Appliance Therapy:  
Case Selection & Avoiding Problems*

*Questions & Discussion*

*Assignments for Module II & Self-Study*

## MODULE II

December 8–10, 2011

### THURSDAY, December 8th

*Welcome & Remarks*

*Medical Conditions &  
Medications Affecting Sleep*

*The Nature of Sleep*

*History/Examination: The OSA & TMD Patient*

*Sleep Studies: PSG and Ambulatory Studies*

*Dentistry's Role in Pediatric Sleep*

*Questions & Discussion*

### FRIDAY, December 9th

*Review of Day I & Discussion*

*Pediatric Sleep Disorders*

*Insomnia*

*OSA Treatment Options*

*Oral Appliance Selection/Treatment*

*Sleep Medicine: A Year in Review*

*Questions & Discussion*

### SATURDAY, December 10th

*Review of Day II & Discussion*

*Primary Snoring & Sleep Apnea:  
Dental Management*

*Oral Appliance Workshop:  
Use of Temporary & Permanent Appliances  
and Occlusal Record Techniques*

*Surgical Options for OSA*

*Questions & Discussion  
plus*

*Assignments for Module III & Self-Study*

## MODULE III

March 29–31, 2012

### THURSDAY, March 29th

*Welcome & Remarks*

*Medical Therapy:  
Conditions that Predispose Patients to OSA*

*Risk Factors & Lifestyle Changes*

*Selection of Appliances (Advanced)*

*Oral Appliance Workshop (Advanced)*

*Questions & Discussion*

### FRIDAY, March 30th

*Review of Day I & Discussion*

*Cardiovascular Implications of OSA*

*Cardiologists Role:  
Part of the Sleep Team*

*Marketing: Internal/External*

*How to Work with the Sleep Lab*

*Questions & Discussion*

### SATURDAY, March 31st

*Review of Day II & Discussion*

*How to Relate & Integrate  
the Dentist's Role  
in the Medical Community*

*Practice Management*

*Insurance, Medicare & Coding*

*Problem-Solving*

*Graduation  
and Reception*

## REGISTER TODAY

- **phone:** 800.322.8651 or 703.234.4100
- **fax:** 703.435.4390
- **write to:** AACP Executive Office, 12100 Sunset Hills Road, Suite 130, Reston, VA 20190

**Note:** Enrollment is limited. Payment of tuition in full is required at the time of registration to reserve your space in this program.

### TUITION: \$9,000

Expenses associated with travel, dinner and overnight accommodations are not included.

### ACCEPTED FORMS OF PAYMENT

VISA  
MasterCard  
Check (*payable to "AACP" in US dollars and drawn on a US bank*)

### PROGRAM LOCATION

Tufts University School of Dental Medicine  
One Kneeland Street  
Boston, MA 02111

### SUGGESTED HOTELS

<i>Doubletree Hotel Boston Downtown</i> rates from \$110 phone: 866.538.0317	<i>Courtyard Marriott Boston Tremont Hotel</i> rates from \$129 phone: 866.538.1370
<i>Radison Boston Hotel</i> rates from \$139 phone: 866.539.5091	<i>W Boston</i> rates from \$215 phone: 866.538.6250

### CONTINUING EDUCATION CREDITS

Approximately 80 CE hours are available (including Modules I–III and guided self-study).

## ADA CERP® | Continuing Education Recognition Program

Tufts University School of Dental Medicine and the American Academy of Craniofacial Pain are ADA CERP Recognized Providers.

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

This continuing education activity has been planned and implemented in accordance with the standards of the ADA Continuing Education Recognition Program (ADA CERP) through joint efforts between Tufts University School of Dental Medicine, Division of Continuing Education and the American Academy of Craniofacial Pain.

Tufts University School of Dental Medicine and the AACP designate this activity for 80 continuing education credits.

### REFUND REQUESTS

Refund requests (less 10%) must be received by the AACP Executive Office *at least 14 days* prior to Module I start date and are contingent on filling your space in this program.

### QUESTIONS?

Visit [TuftsAACPsleepprogram.com](http://TuftsAACPsleepprogram.com) or call AACP at 800.322.8651.

*Hurry...*

### LIMITED ENROLLMENT

Registrations accepted on a first-come, first-served basis.

"This mini-residency exceeded my highest expectations. It was well organized, covered a broad range of subjects pertaining to sleep medicine, and gave me a wonderful working knowledge of oral appliance therapy for sleep-disordered breathing. It has given me the confidence I need to expand my practice into this exciting, new field of dentistry. Thank you AACP and Tufts!"

— **Timothy R. Martin, DDS**  
*Kingsport, TN*

"What a fabulous experience! The facility is top-notch, the guest speakers very knowledgeable and professional, and the faculty is first rate. It is very clear that the focus is on patient care. I was struck by how deeply desirous the faculty were to share their knowledge with us. They are very passionate about dental sleep medicine and it is contagious."

— **Michele B. Spekhardt, DMD**  
*Bangor, ME*

"The course material was very well organized, and I was exposed to material not easily found anywhere else. The instructors were very helpful and available throughout the entire course for questions, and the guest lecturers were leaders in their field."

— **Richard Goodfellow, BSc, DDS**  
*Ontario, Canada*

"Over my 34 year dental career, I have always evaluated CE courses based on how useful they were once I returned to my practice. This program scored an A+ for accurate and up-to-date information, ability to incorporate material into my practice, and the quality of the presenters. If you want to incorporate dental sleep medicine into your practice, this is a MUST DO program."

— **Joseph Rota, DMD**  
*Colorado Springs, CO*



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**Register today:** Complete and mail (with payment) to AACP Executive Office, 12100 Sunset Hills Road, Suite 130, Reston, VA 20190, or fax to 703.435.4390. For fastest service, call AACP toll-free at 800.322.8651 or 703.234.4100.

## PART I: CONTACT INFORMATION

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

## PART II: PAYMENT METHOD

*Enrollment is limited; full payment of tuition is required at the time of registration to reserve your space in this program.*

Enclosed is a check payable to "AACCP" (in US dollars, drawn on a US bank) in the amount of \$9,000.

Please charge \$9,000 to my:

\_\_\_\_\_ VISA

\_\_\_\_\_ MasterCard

Card No.: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

ID No. (last 3 digits on back of card): \_\_\_\_\_

Signature: \_\_\_\_\_

*Refund requests (less 10%) must be received at the AACP Executive Office at least 14 days prior to Module I start date and are contingent on filling your space in this program.*

*Questions? Visit [TuftsAACPsleepprogram.com](http://TuftsAACPsleepprogram.com)*

Join us for a comprehensive, limited enrollment program at Tufts University School of Dental Medicine in Boston, MA

MODULE I: October 20–22, 2011  
MODULE II: December 8–10, 2011  
MODULE III: March 29–31, 2012

offered in collaboration with the American Academy of Craniofacial Pain.



### 3 EASY WAYS TO REGISTER:

- BY MAIL: Complete and mail format left (with payment) to: AACP Executive Office, 12100 Sunset Hills Road, Suite 130, Reston, VA 20190
- BY PHONE: 800.322.8651  
703.234.4100
- BY FAX: 703.435.4390