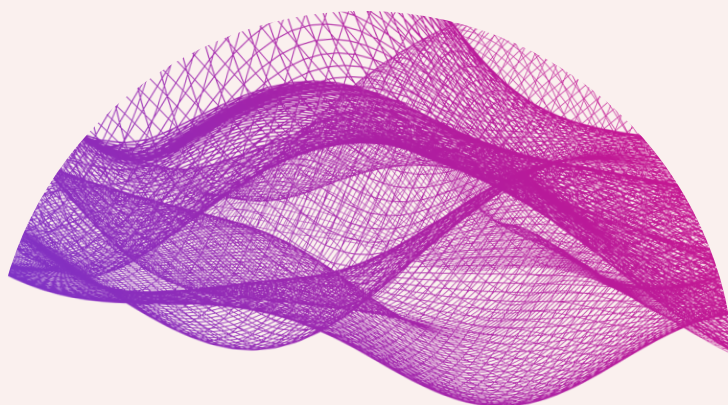
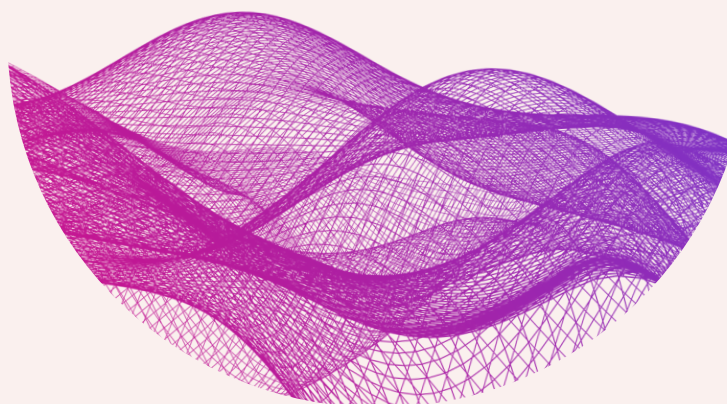


Presented
BY PERSONAL GROWTH EVENTS



PRACTICAL & SYSTEMATIC
APPROACH TO

Dental Sleep — Medicine —



THE *ultimate* SLEEP COURSE

SCAN TO REGISTER



PRESENTED BY

DR. MANISH SHAH
BDS, MBBS, MMED (SLEEP MEDICINE)

**A /PROFESSOR
NARINDER SINGH**
MBBS (SYD) MS (SYD) FRACS (OHNS)

VENUE

SYDNEY CBD
LEVEL 4, 307 PITT STREET,
SYDNEY CBD 2000

24
CPD POINTS



DID YOU KNOW?



1 IN 3

patients you see everyday has a potential obstructive sleep breathing problem or a TMD problem.

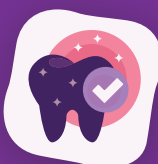
...► IDENTIFY THEM



Signs & Symptoms

can clearly indicate a sleep breathing issue.

...► LEARN HOW



To Diagnose & Manage

these conditions with your team is easily achievable with this module.

...► JOIN THE ELITES

01 GENERAL INFORMATION

What is NORMAL sleep?

Understand stages of sleep (old and new nomenclature)
Understand the NORMAL patterns of sleep and the distribution of sleep stages across the night.
Recognise the stages of sleep on a sleep study
Discuss factors that modify sleep stage distribution
Why do we need sleep
Daytime sleepiness/alertness
Acute & chronic sleep deprivation

What is ABNORMAL sleep?

What is the definition of Apnoea, hypopnea, central apnoea?

★ What is Arousal Index, AHI, RERA, RDI. When are each used? What are the relationships between them?



02 DEFINITIONS & CRITERIA FOR DIAGNOSIS

What is obstructive sleep apnoea?

What is the definition of obstructive sleep apnoea
What defines Upper airway resistance syndrome
What if your patient is tired but doesn't have sleep related issues??

★ SNORING – Is it really important to treat?



03 CAUSES OF SLEEP DISORDERED BREATHING

Anatomy & Physiology of the upper airways?

What causes narrowing of the airways & what should we do about it?
Major causes of sleep disordered breathing?

★ Is Nasal Breathing important? What should we do with people who breathe through their mouth?



Concept of Chronic disease

Is sleep the only cause of chronic disease & tiredness? If not what are the other causes & how do we identify, investigate & manage?

04 EFFECTS OF SLEEP DISORDERED BREATHING

What are the medical effects of sleep disordered breathing?

★ What are the Dental Effects of sleep disordered breathing?
★ What does these effects mean to us as Dentists?

05 EVALUATION OF SLEEP DISORDERED BREATHING

HISTORY

Good history taking.
What are the different questionnaires being used around the world?
Which ones should we use?
Quick screening tips (How to know in 10 seconds if somebody may have sleep disordered breathing)

EXAMINATION

So how do we thoroughly examine these patients?
How do you assess nutritional status with a physical exam & history

INVESTIGATIONS

What investigations should we do to confirm suspicions?
Do we have to take radiographs?
What about blood tests?
Nasal Endoscopy
Allergy Tests

06 ADULT NASAL OBSTRUCTION

What is the anatomy & physiology of the nasal airways?
Is nasal anatomy important to understand the management of OSA
Does nasal surgery decrease OSA?
How do we evaluate nose?
What is the management of nasal airways problems?

COURSE OUTLINE

07 FUNCTIONAL BREATHING

★ What is Functional & Dysfunctional breathing?



How does it affect treatment outcomes in patients with sleep apnoea?
How to recognize OSA patients with dysfunctional breathing?
How do you treat patients who have dysfunctional breathing?

08 BRUXISM

What is bruxism?

How is it diagnosed?
Is it related to Sleep Disordered Breathing?
How do we then approach patients who Brux?
What are the management options for bruxism?

- ★ Are Occlusal splints the right treatment for bruxism?
- ★ When do we use Botox for bruxism?



09 INTRODUCTION TO FUNCTIONAL & NUTRITIONAL MEDICINE

What is functional medicine all about?

- ★ What are the 7 Major Systems in the body that need to be balanced?
- ★ What are the 10 major influences to health & disease, & how is sleep related to these?



Magnesium – Its role in the body, bruxism, sleep apnoea
What is methylation?
How is Melatonin formed?
Why do some people have insomnia (can't fall asleep & takes too long to fall asleep)?
What is the nutritional approach to help these people?

10 SLEEP & CHILDREN

What are the criteria for sleep disordered breathing in children?

- ★ How does snoring & OSA effect children's growth & development?

What are the investigations we do for children?
Can there be other causes for their poor airways?
How do we manage children with snoring and OSA?

11 MANAGEMENT OF SLEEP DISORDERED BREATHING

A. WEIGHT LOSS

Does weight really play a role?
How do we give weight loss advice?
Does exercise play a role?
What referral do we give to patients who can't lose weight?
What is weight loss surgery?

B. MAS

- ★ Is MAS an effective treatment for OSA?



Why are only 30 to 40% of patients be effectively treated with MAS?
How do you know which ones to treat?
What bite do I take?
But others are taking a bite differently. What is the difference?
What if the patient is not getting better?
How to adjust the MAS?

C. ENT SURGERY

How does surgery play a role & when does it play a role?
What are the different types & levels of surgery?

D. NUTRITION

What happens if my patient has been treated for OSA & sleep study shows they are fine, but they are still tired all the time?
How do I nutritionally supplement?
Are there any recommended doses & what time should they be taken?

E. CPAP

What are the different types of CPAP
Is it superior than MAS or Surgery?
Or can MAS do just fine?

F. LASERS

Do lasers really work for snoring & sleep apnoea?

G. BREATHING RETRAINING IN CHILDREN WITH OSA

What are the causes of mouth breathing in children?
How to help children with "nasal disuse" syndrome.
Does dysfunctional breathing contribute to SDB and its co-morbidities in children?
How to recognize & treat children with dysfunctional breathing.

H. ORAL MYOFUNCTIONAL THERAPY

Know the definition of orofacial myology
Understand the role of orofacial myofunctional therapy plays in treating sleep disordered breathing
Understand muscular disfunction is different in each individual, therefore separate therapy needed
Learn what to look for regarding muscular dysfunction
Understand the goals of orofacial myofunctional therapy in the SDB patient
Research behind orofacial myofunctional therapy & sleep disordered breathing in both children & adults
Examples of exercises for sleep disordered patients

12 PRACTICE SETUP

How do we talk to our patients regarding their sleep problem?

Sleep studies
CBCTs
Other investigative techniques

SLEEP PRACTICE

- ★ Is it difficult to Set up A Sleep Practice?
- ★ What happens if I run into trouble?
- ★ Who should I work with in team approach to look after patients with chronic tiredness & sleep problems?



REACH FURTHER.

Meet
OUR EXPERTS



DR. MANISH SHAH

BDS, MBBS, MMED (SLEEP MEDICINE)

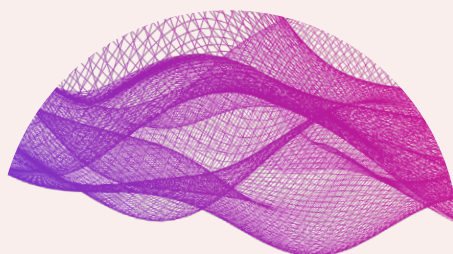
- Masters in Sleep Medicine
- General Medical Practitioner
- General, Implant and Cosmetic Dentist
- Certified in TMJ & Craniofacial Pain Management



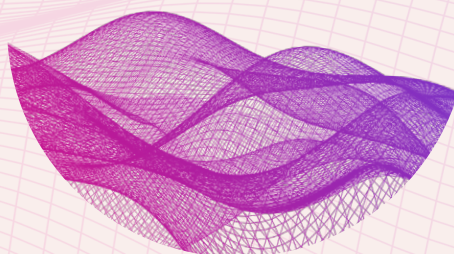
**A /PROFESSOR
NARINDER SINGH**

MBBS (SYD) MS (SYD) FRACS (OHNS)

- ENT Specialist Surgeon/ Rhinologist (Nose and Sinus specialist)
- Clinical Associate Professor of Surgery, University of Sydney
- Chief of Otolaryngology, Head & Neck Surgery, Westmead Hospital, Sydney



WWW.PERSONALGROWTHEVENTS.COM.AU



SCAN CODE
TO REGISTER

