**Course Objectives**

**Upon completion of the course, participants will be able to:**

- Identify trending technologies used in the treatment of OSA;
- Recognize predictors of treatment success so expectations of the dentist, physician and patient can be properly managed;
- Understand how to manage sleep disordered breathing utilizing upper airway imaging;
- Identify anatomical or behavioral factors that may affect treatment decisions;
- Recognize and manage complications of oral appliance therapy;
- Understand legal aspects of providing oral appliance therapy; and
- Appreciate the importance of treating OSA through a collaborative approach.

**Teaching Methods**

The sessions at this course will be comprised of lectures followed by discussion.
CONTINUING EDUCATION
The American Academy of Dental Sleep Medicine is an ADA CERP Recognized Provider. 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. The American Academy of Dental Sleep Medicine designates this activity for 11.50 continuing education credits.

ADA CERP | Continuing Education Recognition Program

SESSION TIMES

SATURDAY, NOVEMBER 7
7:00 AM – 7:45 AM  Continental Breakfast* & Registration
8:00 AM – 12:45 PM  General Session
12:45 PM – 1:45 PM  Lunch*
1:45 PM – 5:30 PM  General Session

SUNDAY, NOVEMBER 8
7:15 AM – 8:00 AM  Continental Breakfast*
8:00 AM – 11:45 AM  General Session

*These meals are provided; attendees are responsible for all other meals. This course includes an exhibit hall that will be open during breaks and lunch.

LIST OF TOPICS AND FACULTY

Insights into the Diagnosis and Management of Sleep Disordered Breathing Utilizing Upper Airway Imaging / Richard Schwab, MD

The Brain Asleep: Physiological and Pharmacological Pathways / Steve Poceta, MD

Pediatric Sleep Disordered Breathing: Review of Treatment Options / Rose Sheats, DMD

Dissecting Oral Appliance Design: What’s Important? / Jim Metz, DDS

Combination Therapy / Todd Morgan, DMD

Legal Aspects of Oral Appliance Therapy / Daniel Brown, JD

Human Pharyngeal Airway Collapse: A Gift or a Curse? / John Remmers, MD

A Phenotyping Model for the Treatment of Obstructive Sleep Apnea / David White, MD

Case Studies / Faculty

QUESTIONS? Call the AADSM at (630) 737-9752
TARGET AUDIENCE
This course is intended for dentists and dental professionals with an interest in, or currently treating, snoring and obstructive sleep apnea (OSA) patients through the utilization of oral appliance therapy (OAT).

COURSE OVERVIEW
The Essentials of Dental Sleep Medicine course is a logical way to incorporate OAT into your practice. The course includes a review of sleep related breathing disorders, such as snoring and OSA, and the impact of sleep disorders on society. A comprehensive evaluation is described that includes upper airway examination and imaging with a focus on areas of pathophysiology in OSA. Several sessions address the range of OAT and upper airway surgery for OSA. The course addresses practice issues such as developing a team approach, medico-legal issues and reimbursement. A final portion of the course is case-based and provides clinical examples of the evaluation and treatment of sleep disorders in a dental practice.

COURSE OBJECTIVES
Upon completion of the course, participants will be able to:

• Describe the dental and medical terminology associated with sleep medicine and OSA;
• Understand the pathophysiology, demographics and sequelae of OSA;
• Evaluate, analyze and comprehend polysomnogram reports and understand the necessity of medical evaluation and importance of a multidisciplinary team approach to treating snoring and OSA;
• Identify and describe the various treatment options available, focusing on the various types of oral appliances available;
• Describe the mechanisms of action of various types of oral appliances as well as the indications, contraindications, complications and side effects associated with their use;
• Evaluate various case presentations that demonstrate a range of patients and treatment situations representative of the practice of dental sleep medicine to include fabrication concepts, interpretation of bite registrations and adherence to recommended treatment protocol and standards of practice; and

• Apply practical concepts for building and developing a successful dental sleep medicine practice, including an overview of informed consent, relationships with physicians, sources of patient referrals, follow-up with current patients, record keeping, and medical insurance billing.

**Teaching Methods**
The sessions at this course will be comprised of lectures followed by discussion.

**Continuing Education**
The American Academy of Dental Sleep Medicine is an ADA CERP Recognized Provider. 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. The American Academy of Dental Sleep Medicine designates this activity for 13.0 continuing education credits.

**ADA CERP®** Continuing Education Recognition Program

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**Session Times**

**Saturday, November 7**

7:00 AM – 7:45 AM  
Continental Breakfast* & Registration

8:00 AM – 12:15 PM  
General Session

12:15 PM – 1:15 PM  
Lunch*

1:15 PM – 5:00 PM  
General Session

**Sunday, November 8**

7:15 AM – 8:00 AM  
Continental Breakfast*

8:00 AM – 11:45 AM  
General Session

11:45 AM – 12:45 PM  
Lunch*

12:45 PM – 3:30 PM  
General Session

*These meals are provided; attendees are responsible for all other meals. This course includes an exhibit hall that will be open during breaks and lunch.

**Questions?** Call the AADSM at (630) 737-9752
List of Topics and Faculty

Obstructive Sleep Apnea: Pathophysiology, Health Risks and Diagnosis with Polysomnography / Kelly Carden, MD, MBA

Obstructive Sleep Apnea: Medical Management with CPAP and Behavioral Therapies / Kelly Carden, MD, MBA

Upper Airway Evaluation: Clinical Examination, Imaging Analysis and Surgery for Obstructive Sleep Apnea / R. Bruce Templeton, DMD

Oral Appliance Therapy: Types and Mechanisms of Action / Katherine Phillips, DDS

Oral Appliance Therapy: The New Patient Exam, Impressions and Bite Registration Techniques / Leila Chahine, DMD

Oral Appliance Therapy: Insertion, Follow-up and Sequelae / James Hogg, DDS

Oral Appliance Therapy: Various Methods of Titration and Evaluation of Efficacy / Donald Farquhar, DDS

Case Presentations / Faculty

Insurance Reimbursement / Belinda Postol, RN

Scope of Practice and Medicolegal Issues and ABDSM Board Certification / Robert Rogers, DMD

Overcoming Barriers: Incorporating Oral Appliance Therapy into the General Dental Practice / Kevin Postol, DDS and Donald Farquhar, DDS

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Speaker Index

**Daniel Brown, JD**

Mr. Brown is an accomplished corporate and healthcare attorney who regularly advises clients on transactions and the legal and regulatory aspects associated with the operation and sale of health care businesses. He is an Honors graduate of the University of Tennessee School of Law and holds a B.A., cum laude, from Vanderbilt University. He is licensed to practice law in Georgia and Tennessee, and is a member of the American Academy of Sleep Medicine, the American Health Lawyers Association and the Health Law Section of the Georgia Bar.

Register online at www.aadsm.org/courses
**Kelly Carden, MD, MBA**
Dr. Carden obtained her MD and MBA degrees at the University of Tennessee and continued her training in internal medicine at Baylor College of Medicine in Houston. She then obtained her Pulmonary/Critical Care and Sleep Medicine fellowship training at Harvard Medical School. She is actively involved in the AASM and the AADSM, serves as a lecturer at a number of courses and sits on multiple committees. She is currently employed with St Thomas Physician Services in Nashville Tennessee and is affiliated The Center for Sleep which is an AASM accredited laboratory.

**Leila Chahine, DMD**
Dr. Chahine graduated from the University of Connecticut School Of Dentistry in 1996. She is a Diplomate with the American Board of Dental Sleep Medicine. Currently Dr. Chahine is in private practice in Danbury, CT where she devotes a significant part of her practice to the Dental Sleep Medicine. As a member of the Danbury Hospital, she enjoys working closely with the Pulmonary Department on sleep apnea and dental sleep medicine, both lecturing and consulting with the staff. Dr. Chahine practices comprehensive general dentistry where she integrates her broad knowledge of dentistry with sleep medicine.

**Donald Farquhar, DDS**
Dr. Farquhar practices in Midland, Ontario, where he has integrated dental sleep medicine into his large family practice since 2003. He has been a member of the AADSM for over ten years and a member of the AADSM Education Committee.

**James Hogg, DDS**
Dr. Hogg received his DDS from the University of Illinois College of Dentistry, where he later became a clinical instructor in the Fixed Prosthodontics department. He practiced general dentistry in his own dental office for 25 years and entered into the field of Dental Sleep Medicine in 2007. Dr. Hogg joined Midwest Dental Sleep Center in 2009, where his practice is limited to the treatment of patients diagnosed with Sleep Disordered Breathing, and in 2010 became a Diplomate of the American Board of Dental Sleep Medicine. Dr. Hogg is a frequent speaker for the AADSM and has presented lectures nationally to dentists, physicians and the general public on the topic of Dental Sleep Medicine.
Jim Metz, DDS  
Dr. Metz is a 1973 graduate of The Ohio State University College of Dentistry. He established a private practice after serving his country for three years as a U.S. Army Major. Today, he maintains a restorative dental practice in Columbus, Ohio, with an emphasis on dental sleep medicine. Dr. Metz has served on the American Academy of Dental Sleep Medicine board of directors, chair for the Introductory and Advanced Dental Sleep Medicine courses, and vice-chair of the AADSM Annual Meeting committee. Dr. Metz is also a member of the American College of Dentists and the ADA, serving as president of the Muskingum Valley Dental Association.

Todd Morgan, DMD  
Dr. Morgan is a clinician and researcher with 20 years experience in dental sleep medicine and a highly respected leader in the field. His team has completed several NIH funded clinical trials and authored several peer-reviewed articles and books on the treatment of sleep apnea with dental appliances. He is the Chief of Dentistry and Maxillofacial Surgery at Scripps Memorial Hospital and is a consultant to Scripps Clinic Division of Sleep Medicine in La Jolla, California.

Katherine Phillips, DDS  
Dr. Phillips is a general dentist and graduate of the University of Detroit Mercy Dental School in Detroit, MI. Dr. Phillips’ undergraduate education was completed at the University of Michigan, where she was an Angell Scholar. She became a Diplomate of the American Board of Dental Sleep Medicine in 2010, and is a member of the AADSM, the Illinois Sleep Society, Illinois State Dental Society, American Dental Association and Will County Dental Association. Dr. Phillips joined Midwest Dental Sleep Center in December 2008, where her practice is limited to treatment of patients diagnosed with Sleep Disordered Breathing.

Steve Poceta, MD  
Dr. Poceta is Consultant in Neurology and in Sleep Medicine at Scripps Clinic in La Jolla California. Dr. Poceta has degrees from the University of Michigan and the University of Pennsylvania, and trained in Neurology at the University of Washington. His fellowship was in Sleep Disorders under Merrill Mitler at Scripps Clinic and Research Foundation. Dr Poceta has over 40 publications on several sleep topic. Dr. Poceta is active in the International RLS Study group and medical advisor to the local RLS Support Group.
Belinda Postol, RN
Ms. Postol has been involved with her husband's dental practice since its inception in 1995. As the business manager, she is involved with all aspects of the practice. She is intricately involved with the sleep practice, handling the insurance and communicating with the sleep physicians as well as consulting with patients. She has trained with dental sleep physicians around the country and brings both a thorough knowledge of obstructive sleep apnea and her medical background. In addition to working at the practice, Belinda continues to works at Cardinal Glennon Children’s Medical Center on a part time basis.

Kevin Postol, DDS
Dr. Postol received his dental degree from the University of Missouri-Kansas City. He entered the field of dental sleep medicine in 2007 and later became a Diplomate of the ABDSM in 2011. Dr. Postol maintains a general dental practice in St. Louis, MO and a dental sleep medicine practice simultaneously.

John Remmers, MD
Dr. Remmers is a pulmonologist and clinical professor of internal medicine at the University of Calgary and an expert in the field of snoring and sleep apnea, being the first researcher to elucidate the pathogenesis of sleep apnea and to demonstrate that sleep apnea is caused by an anatomical narrowing of the pharynx. Dr. Remmers has invented products ranging from portable diagnostic sleep monitors to auto-titrating CPAP devices. His research interests relate to the neurobiology of respiratory rhythmogenesis, chemoreception, and the pathophysiology of the control of breathing. Dr. Remmers has published over one hundred peer reviewed publications in the area of respiratory physiology.

Robert Rogers, DMD
Dr. Rogers is the founding president of the AADSM and served again as president in 1995 and 1999. He is a Diplomate of the American Board of Dental Sleep Medicine and is the recipient of the AADSM Distinguished Service Award. Dr. Rogers has also co-authored the American Academy of Sleep Medicine Guidelines for the Evaluation, Management and Long-term Care of Adult Obstructive Sleep Apnea. He is a consultant for the National Institutes of Health regarding oral appliances as related to the treatment of sleep-disordered breathing as well as the dental consultant to Philips-Respironics, Inc.
Richard Schwab, MD
Dr. Schwab’s research has focused on the pathogenesis, genetics and treatment of obstructive sleep apnea utilizing novel upper airway imaging techniques. The aim of his research is to understand the mechanisms leading to sleep apnea by evaluating the structure and function of the upper airway using physiologic imaging techniques. He is particularly interested in the relationship of obesity to sleep apnea. He is also studying novel treatment options for sleep apnea and is beginning to understand the genetics of sleep apnea. Presently, Dr. Schwab leads the Sleep Imaging Center in its investigation of the upper airway.

Rose Sheats, DMD, MPH
Dr. Sheats is an Adjunct Associate Professor at the University of North Carolina School of Dentistry in Chapel Hill where she practices dental sleep medicine in the Orofacial Pain Group. A graduate of the Harvard School of Dental Medicine with an orthodontic certificate from the University of Florida and a Masters in Public Health from Johns Hopkins University, she is a Diplomate of the American Board of Orthodontics. She retired in 2013 from her full-time academic position as the Graduate Orthodontic Program Director at the University of North Carolina. She continues to mentor graduate students in sleep research and is a consultant to the University of North Carolina Sleep Disorders Center. Dr. Sheats has been a member of the AADSM since 2001 and she currently serves on the AADSM Board of Directors. She serves as an associate editor of the Journal of Dental Sleep Medicine.

R. Bruce Templeton, DMD
Dr. Templeton is a Diplomate of the American Board of Oral and Maxillofacial Surgery and is currently Chief of Oral Surgery and Dentistry at the Veteran’s Affairs Medical Center in Minneapolis, Minnesota. He holds the rank of clinical professor at the University Of Minnesota Faculty of Dentistry and has lectured extensively on the subject of dental sleep medicine throughout the United States. Dr. Templeton is past president of the Minnesota Society of Oral and Maxillofacial Surgeons and is the past president of the Minnesota Dental Association.

David White, MD
Dr. White graduated from Emory University Medical School and completed training in Internal Medicine and Pulmonary Disease at the University of Colorado Health Sciences Center. He has held a number of positions at various universities over his career and is currently a Professor of Medicine at the Harvard Medical School and the Chief Medical Officer for Apnicure, Inc. Some of his major accomplishments include being President of the American Academy of Sleep Medicine, Chairing the Task Force to write the research plan addressing sleep and its disorders for the National Institutes of Health, and being the Editor-in-Chief of the Journal SLEEP.
General Information

Location and Room Reservations
The courses will be held at the Renaissance Orlando at SeaWorld, 6677 Sea Harbor Drive, Orlando, FL 32821. The AADSM has reserved a block of guest rooms at the Renaissance Orlando at SeaWorld at a special group rate. Space is limited, so please make reservations well in advance. The room rate at the hotel is $139.00 per night plus tax and is only valid until Friday, October 2, 2015, or until the room block sells out. Reservations must be made by individual attendees directly with the hotel’s reservation department by calling 800-468-3571. To receive the special group rate, you must identify yourself as part of the AADSM Fall Course group. Check-in time is 4:00pm and check-out time is 11:00am on the day of departure.

Meals
Breakfast and lunch will be served on Saturday, and breakfast will be served on Sunday. Lunch will be served on Sunday for attendees of the Essentials of Dental Sleep Medicine course; all other meals are the responsibility of the attendees. Only registered attendees are allowed to attend meal functions. Guests of attendees will not be accommodated during meal functions.

Transportation
Attendees may contact Direct Travel to purchase airline tickets. Call toll-free (800) 526-4540 on Monday-Friday from 8:00am-5:00pm Central. We suggest you make your travel arrangements as soon as you receive your registration confirmation.

The airport nearest to the Renaissance Orlando at SeaWorld is Orlando International Airport (MCO). The hotel is approximately 13 miles from the airport. Taxis to the hotel near the Orlando metro area are available outside the baggage claim area. Fare is approximately $40.

Confirmation
Confirmations will be sent via email within one week of receipt of registration form and payment. All participants must pre-register for courses; on-site registration will not be accepted.

The AADSM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for this course.

Questions? Call the AADSM at (630) 737-9752
CANCELLATION AND REFUND POLICY
To cancel a registration, written notification must be submitted to the AADSM. A $50.00 administrative fee will be withheld on cancellations postmarked prior to Friday, October 16, 2015. After this date, no refunds will be available. Refunds are not provided to no-shows. The AADSM reserves the right to cancel the course and provide a full refund should conditions warrant. The refund will only include the cost of registration for the course.

RECORDING
Photographing and/or recording, of any kind, of sessions and speakers at its courses are strictly prohibited.

DRESS CODE
Dress code at the courses is business casual.

INFORMATION OR QUESTIONS
For information or questions regarding the courses, please contact:
Beverly Basit, Specialty Society Assistant
Email: bbasit@aadsm.org
Website: www.aadsm.org/courses

ONLINE (credit card only)
www.aadsm.org/courses

FAX (credit card only)
630-737-9790

MAIL (check or credit card)
American Academy of Dental Sleep Medicine
Attn: Beverly Basit
2510 North Frontage Road
Darien, IL 60561

Registration Disclaimer
Registration is limited. Please register early. Confirmation letters will be sent via e-mail within one week of receipt of registration form and payment. All attendees must pre-register; on-site registration will not be accepted.

The AADSM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for these courses.
**Registration Categories**

**Member**
To register as a member, the registrant must currently be an individual member of the American Academy of Dental Sleep Medicine (AADSM). If the AADSM is unable to confirm that the individual is a member of the society, the AADSM will register the individual as a nonmember at the prevailing fee.

**Student Member**
To register as a student member, the registrant must currently be a student member of the AADSM. If the AADSM is unable to confirm that the individual is a student member of the society, the AADSM will register the student as a nonmember at the prevailing fee.

**Dental Staff of AADSM Member**
To register as the dental staff of an AADSM member, the registrant must currently be employed by an individual who is currently a member of the AADSM. If the AADSM is unable to confirm that the dentist is a member of the AADSM, the AADSM will register the individuals as a dental staff of a nonmember at the prevailing fee.

**Nonmember**
Want to register for the member price, but you’re not a member? Join the AADSM to receive instant savings including reduced course registration fees, a listing on the Find-a-Dentist feature of the AADSM website, exclusive online access to the latest news and promotional resources and much more. Visit the AADSM website at www.aadsm.org for more information about membership including a complete list of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31). On June 1, 2015, the membership dues for Regular Members are prorated. Membership dues for 2015 are:

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<th>Category</th>
<th>Fee</th>
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<tr>
<td><strong>Regular Members</strong></td>
<td>$345 (Membership dues are prorated to $175 from June 1–September 30, 2015)</td>
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<tr>
<td><strong>Student Members</strong></td>
<td>Free with completion of the AADSM Student Membership Application</td>
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**Dental Staff of Nonmember**
If your employer is not an individual member of the AADSM and would like to become a member, please request that he/she completes the membership application form available at www.aadsm.org. Visit the AADSM website at www.aadsm.org for more information about membership including a complete listing of benefits.

**Questions?** Call the AADSM at (630) 737-9752
## Registration Fees

**Advanced Course**

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**Essentials Course**

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### Electronic Course Materials

In its continued effort to “Go Green,” the AADSM will provide course materials in an electronic format only. Course attendees will be provided with the course materials on a thumb drive at the course. Prior to the course, attendees will be allowed to download and print the course materials if that is the format they prefer. Please note that the AADSM will not supply computers or tablets to view the material, power for computers or tablets or internet access. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the course each day.
Registration Form

**Registration Information** (Please print clearly)

Full Name ___________________________________________ Degree: __________________________
(This is the name that will be on your name badge)

Address: ________________________________________________________________________________

City: ___________________________ State: _______ Zip/Postal Code: ______________

Phone: ___________________________ Fax: ____________________________________________

Email: ________________________________________________________________________________
(Email required to receive confirmation)

Special Needs/Accommodations: _____________________________________________________________

**Attendee List Permission** (Check one) I give my permission to include my contact information on an attendee list to be distributed to course attendees. □ Yes  □ No

**Exhibitor List Permission** (Check one) I give my permission to include my contact information on an attendee list to be distributed to course exhibitors. □ Yes  □ No

**Membership Dues for Nonmembers** (Check one)

□ Regular Members $345 (Membership dues are prorated to $175 from June 1, 2015 to September 30, 2015)

□ Student Members Free with completion of the AADSM Student Membership Application

**Course Registration** (Check one)

□ Advanced Dental Sleep Medicine □ Essentials of Dental Sleep Medicine

**Membership Status:** (Check one)

□ AADSM Member: Member Number: __________________________
□ AADSM Student Member: Member Number: __________________________
□ Dental Staff of AADSM Member: Employer’s Member Number: __________________________
□ Nonmember
□ Dental Staff of Nonmember: Employer’s Email: __________________________

**Registration Fees:** Based on the course that you will attend, date of payment and membership status, please fill in the appropriate registration fee as found on page 14 of this brochure:

$ _________________

**Method of Payment** (Check one)

□ Please make checks payable to the AADSM (U.S. funds drawn on a U.S. bank)
□ For payment by credit card (Visa/Master Card/American Express):

Card#: ___________________________ Exp. Date: _________ Validation Code*: _________

Card Holder’s Name: ______________________________________________________________________

Mailing Address: _________________________________________________________________________

Signature: ___________________________________________ Date: ______________________

*For a Visa or Master Card, the validation code is the last 3 numbers in the signature box. For an American Express, the validation code is the 4 numbers above the credit card number.

**Questions?** Call the AADSM at (630) 737-9752