



## Speaker Bios



### ***AADSM Director of Education***

**Patricia (Trish) Braga, DDS, D. ABDSM**, graduated from the University of Minnesota School of Dentistry and established a multidisciplinary practice in 1983.

In 2006 Dr. Braga entered the field of dental sleep medicine and became a Diplomate of the American Board of Dental Sleep Medicine in 2013. She began limiting her practice to dental sleep medicine in 2014 and completed the transition in less than a year.

She chaired the Accreditation Committee, served as director at large for the ABDSM and participated on the Consensus Conference panel to develop, "Management of Side Effects of OAT for SDB".

She currently serves as Director of Education for the American Academy of Dental Sleep Medicine.

### ***Mastery Program Co-Chair***

**Alan O. Blanton, DDS, MS, D. ABDSM**, is a graduate of the University of Tennessee College of Dentistry. He is a Diplomate with the American Board of Dental Sleep Medicine and is the former Director of the Dental Sleep Medicine and Orofacial Pain Program at the University of Tennessee Health Science Center College of Dentistry. In private practice, he devotes a large part of his general practice to the treatment of Sleep-Related Disordered Breathing, Orofacial Pain and TMD. He is a former member of the AADSM Board of Directors and has chaired the both Board Review Course and the Advanced Course and has lectured on behalf of the AADSM at the Annual ADA Meeting. He continues to lecture on Sleep, Oral Appliance Therapy, Orofacial Pain and TMD to State and local dental groups.



### ***Mastery Program Co-Chair***

**Michelle Cantwell, DMD**, is a graduate of Wilkes University and the University of Pittsburgh, School of Dental Medicine. Following graduation she completed a three-year residency in prosthodontics and served on active duty service as a Lieutenant Commander in the US Navy. She became a Diplomate of the ABDSM in 2014.

In 2018, she merged her dental sleep medicine practice into the Pulmonary & Sleep Medicine Department of Wellspan Hospital.

She currently lives in Lancaster, PA with her husband Steve and their daughters.



**Leslie Dort, DDS**, is a Calgary dentist who limited her practice to treating sleep disordered breathing. She worked in a multi-disciplinary sleep center in conjunction with physicians and respiratory therapists. She is affiliated with the University of Calgary and is involved in research related to oral appliance therapy for sleep disorders and the development of best practice guidelines in dental sleep medicine. She was a member of the joint AASM/AADSM task force that updated the guidelines for OAT. She was the first Editor of the Journal of Dental Sleep Medicine and was a member of the AADSM Board of Directors.



**Raina Gupta, MD**, is a board-certified neurologist and fellowship trained board-certified sleep medicine specialist in Chicago, Illinois. She received her medical degree from the University of Louisville School of Medicine and has been in practice for 13 years. She completed neurology residency at RUSH University Medical Center and sleep medicine fellowship at the University of Chicago. As part of her practice, Dr. Gupta has an opportunity to provide care for patients with Obstructive Sleep Apnea, Central and Mixed Sleep Apnea, Obesity Hypoventilation Syndrome, Insomnia, Narcolepsy, Restless Legs Syndrome and many other sleep disorders. She has been involved in teaching medical, family practice, and dental residents for years.

**Michael Hnat, DMD**, is Dental Director of “Pittsburgh Dental Sleep Medicine” in McMurray, PA. His dental sleep medicine facility has been accredited by the AADSM since 2012. His practice focus is in dental sleep medicine and the treatment of temporomandibular disorders. Dr Hnat holds Diplomate status with the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine. He currently serves as Chair of the Accreditation and the Professional Ethics Committees of the AADSM. As Clinical Assistant Professor at the West Virginia University School of Dentistry he teaches dental sleep medicine to the dental and hygiene students and provides oral appliance therapy to patients in the Faculty clinic. He lectures nationally and internationally to dentists and other health professionals and his passion in this field is evident in the standard of care delivered to his patients and in his lectures.



**James Hogg, DDS**, received his DDS from the University of Illinois College of Dentistry. He was a Clinical Instructor at the school in the Fixed Prosthodontics Department. He currently lectures at the University of North Carolina –Chapel Hill Dental School on the topic of Dental Sleep Medicine. He became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM) in 2010. Dr. Hogg joined Midwest Dental Sleep Center in 2009, where his practice was limited to the treatment of patients diagnosed with Sleep Disordered Breathing. He was the Dental Director of their AADSM Accredited Dental Sleep Centers in the Oak Brook and Chicago, IL locations. Dr. Hogg has also worked in a Dental Sleep Medicine (DSM) practice in Asheville, NC.. Dr. Hogg has served on numerous committees for the American Academy of Dental Sleep Medicine (AADSM) over the last 12 years. He is currently serving as a Director at Large for the AADSM.



**Michael Howell, MD**, is the Associate Professor, Department of Neurology at the University of Minnesota. Dr. Howell is a neurologist who specializes in sleep disorders. His clinical interests include sleepwalking and related disorders such as REM Sleep Behavior Disorder, Sleep Related Eating Disorder, sleep seizures and other violent sleep behaviors. Dr. Howell's research interests include characterizing the relationship between sleep and neurological disorders and determining whether these processes are reversible with current or experimental therapies. He is also interested in the relationship between sleep and obesity. Specifically, he is investigating whether poor sleep as a result of sleep deprivation or of sleep disorders leads to or contributes to the current global obesity pandemic.

**Mitchell Levine, DMD**, is both board certified in dental sleep medicine and orthodontics. He maintains a private practice in Jacksonville of which 15% is sleep-disordered breathing. He is an assistant professor at the University of Tennessee Health Science Center in Memphis where he serves in both the orthodontic and the dental sleep medicine clinics. He is a member of the AADSM Board of Directors.



**Jonathan Lown, MD**, is board certified in internal medicine, sleep medicine and lipidology, and is the Clinical Director at Delta Sleep Center of Long Island. Selected as a member of the national medical honor society, Alpha Omega Alpha in 1992, Dr. Lown graduated medical school, Magna Cum Laude in 1995. From 1995 through 1998 he completed his residency and internship at Columbia Presbyterian Medical Center. In addition to private practice and frequent lecturing, Dr. Lown currently serves as Clinical Assistant Professor of Medicine for Stony Brook University's Medical School. He holds two Diplomate statuses with the American Board of Internal Medicine in Sleep Medicine as well as Internal Medicine.

**Michael Pagano, DDS**, grew up in southeast Wisconsin, and attended dental school at the University of Iowa and then served Active Duty in the Army at Fort Riley, Kansas. During this time, he worked alongside multiple dental specialists in a world-class facility providing excellent dental care to soldiers using the latest dental technology.

His clinical success as a general dentist was recognized and Dr. Pagano was selected to train in the field of Dental Sleep Medicine. He established the Dental Sleep Medicine at Fort Riley which became one of the Army's most successful programs, and he was selected to be an instructor for Army dentists treating soldiers suffering from snoring and obstructive sleep apnea. He has lectured nationally at major dental conferences and incorporates new technology and the latest dental materials into his practice. He regularly attends continuing education courses to provide the highest level of care to his patients.



**Belinda Postol, RN**, has been actively involved with her husband's dental practice from its inception in 1995. As the business manager, she is involved with all aspects of the practice. Since 2007, she has been intricately involved with dental sleep medicine, developing protocols and strategies for insurance, communication with sleep physicians, and consultations with patients. She has trained with dental sleep physicians around the country and brings both a thorough knowledge of obstructive sleep apnea and understanding of the medical arena. She has spoken across the country with the AADSM and University based programs. In addition to working at the dental practice, Belinda continues to work at SSM Health Cardinal Glennon Children's Hospital on a part time basis and is completing her Certification in Clinical Sleep Health.

**Noah Siegel, MD**, is board-certified in both otolaryngology—head and neck surgery and sleep medicine, Dr. Siegel brings more than 17 years of practice experience to Mass. Eye and Ear's Longwood location. As Medical Director of Otolaryngology, he provides direct patient care and oversees a robust medical and surgical otolaryngology practice.

Dr. Siegel completed Harvard Medical School's residency program at Mass. Eye and Ear. Prior to that, he completed a general surgery internship at Northwestern University Medical School. His undergraduate and medical school training were at the University of Michigan, where he graduated *cum laude* and was a member of the Alpha Omega Alpha Honor Medical Society.

