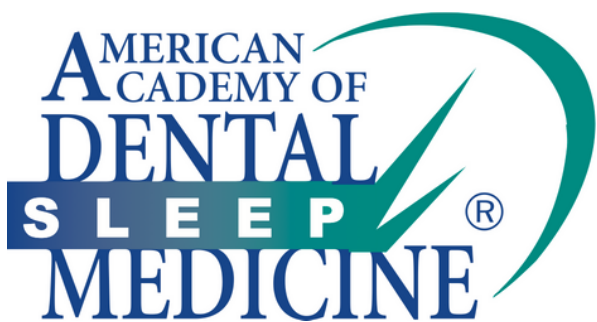


American Academy of Dental Sleep Medicine

MEDIA KIT 2021



AADSM.ORG

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DAVID SCHWARTZ, DDS

David Schwartz, DDS is President of the American Academy of Dental Sleep Medicine (AADSM) and a Diplomate of the American Board of Dental Sleep Medicine (ABDSM). He has lectured on many aspects of dental sleep medicine and authored and co-authored various articles with the specific intent of continuing to change patients' lives and the attitudes of professionals worldwide. He has a general restorative dental practice in Chicagoland and has focused on dental sleep medicine for more than 22 years. He is also the director of dental sleep medicine at The Center for Sleep Medicine, a multidisciplinary sleep center.



MITCHELL LEVINE, DMD

Mitchell Levine is presently associate professor of orthodontics at St. Louis University and previously served as associate professor and director of dental sleep medicine at the University of Tennessee. He is a diplomate of both the American Board of Orthodontics and the American Board of Dental Sleep Medicine and is a faculty member of the American Academy of Dental Sleep Medicine (AADSM) Mastery Program. Dr. Levine is president-elect of the AADSM.



NANCY ADDY, DDS

Dr. Addy exclusively practices dental sleep medicine. She delivered her first oral appliance to help relieve a patient's snoring in 1995 and joined the American Academy of Dental Sleep Medicine (AADSM) in 1998. She became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM) in 2006 and served as the ABDSM president from 2014 through 2016. She regularly presents lectures on oral appliance therapy both locally and nationally and currently serves on the Peer Review Board of the Kansas Dental Association. She is a graduate of the University of Missouri-Kansas City (UMKC) School of Dentistry and is a former assistant professor of General Dentistry at UMKC. Nancy Addy, DDS, is the immediate past president of the AADSM.

MEET THE TEAM



SECRETARY-TREASURER

KEVIN POSTOL, DDS

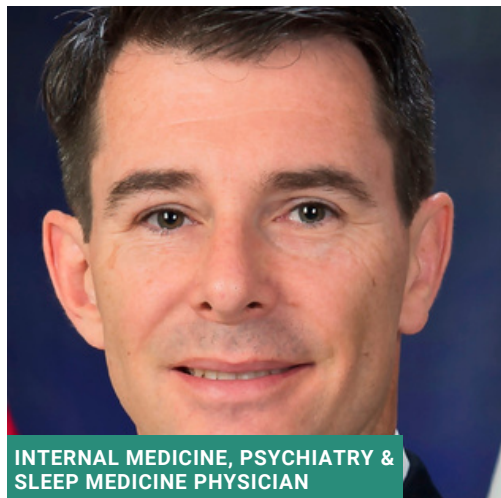
Dr. Postol maintains a combined general dental practice and dental sleep medicine practice in St. Louis, MO. He received his dental degree from the University of Missouri-Kansas City and attended the University of Iowa for a General Practice Residency. He has practiced general dentistry since 1992. In 2006, he entered the field of dental sleep medicine and later became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM) in 2011. He is past chair of the AADSM Essentials of Dental Sleep Medicine Course and has spoken at numerous local and national meetings. He has served on the AADSM Board of Directors since 2014 and currently serves as the Secretary-Treasurer.



PRIMARY CARE PHYSICIAN

JOEL SOLIS, MD

Dr. Solis is a board-certified family medicine physician in McAllen, Texas and has been in practice for 20 years. Dr. Solis graduated from University of Medicine & Dentistry of New Jersey Robert Wood Johnson Medical School in 1999. He completed a residency at University of Texas Health Science. Dr. Solis also specializes in Emergency Medicine and Emergency Medical Services.



INTERNAL MEDICINE, PSYCHIATRY & SLEEP MEDICINE PHYSICIAN

SCOTT WILLIAMS, MD

Lieutenant Colonel Scott Williams is the Director for Medicine at the Fort Belvoir Community Hospital, Virginia. He is an associate professor of medicine and psychiatry at the Uniformed Services University of the Health Sciences (USUHS). He completed undergraduate training at the University of North Carolina at Chapel Hill and received his medical doctorate from USUHS. He completed a dual residency in internal medicine and psychiatry at the Walter Reed Army Medical Center and a sleep medicine fellowship at the Walter Reed National Military Medical Center (WRNMMC).

Dr. Williams currently serves as the physician representative to the Sleep Research Society patient advocacy task force. Previously, he was a member of the American Academy of Sleep Medicine (AASM) Education Committee and the AASM Sleep Technologist and Respiratory Therapist Education Committee. He is co-chair of the gold standard panel for the AASM Inter-Scorer Reliability program and serves on the Board of Directors of the American Alliance for Healthy Sleep. He has served on the U.S. Army Performance Triad working group and is currently a member of both the VA/DoD sleep disorders clinical practice guideline working group and the Military Health System sleep improvement work group.

He is a Fellow of the AASM and the American College of Physicians and is a Distinguished Fellow of the American Psychiatric Association.



ABOUT AADSM

Established in 1991, the American Academy of Dental Sleep Medicine (AADSM) is **the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine**, and represents dentists who treat sleep-disordered breathing, which includes obstructive sleep apnea (OSA) and snoring, with oral appliance therapy (OAT).

If left untreated, OSA has been linked to some serious health problems, such as high blood pressure, congestive heart failure, stroke, diabetes, and depression. OAT is an effective treatment option for people who are living with snoring and OSA.

OAT uses a “mouth guard-like” device worn only during sleep to maintain an open, unobstructed airway. Effective OAT devices are formed from custom dental impressions made by a dentist. An oral appliance is fitted and adjusted by a dentist to ensure proper fit and maximum effectiveness.

Dentists who have a broad understanding of OAT work with a patient’s physician to treat and manage snoring and OSA. Once a patient is diagnosed with primary snoring or OSA by a physician, a dentist trained in dental sleep medicine can provide effective treatment with OAT.

People with loud snoring and sleep apnea sufferers with difficulty tolerating CPAP should use the AADSM’s online directory to find a dentist who can provide OAT in their area.

MISSION

To advance the dentists’ role in the screening, evaluation and treatment of sleep- disordered breathing. Strive to reduce the number of undiagnosed and untreated people with sleep-disordered breathing through professional and patient education, practice standards, treatment protocols, collaboration with patients and their medical team, clinical research and health policy.

VISION

To lead and promote dentistry’s role in collaboration with our physician colleagues in reducing the burden of snoring and sleep apnea.



HEADQUARTERS
Lisle, Illinois



EMPLOYEES
10+

AADSM HEADQUARTERS

LISLE, ILLINOIS



AADSM HISTORY

2007

Diplomates of the ABDSM conduct the first AADSM study club.

2010

AADSM offers its first one-day workshop in dental sleep medicine.

The Research Committee launches a new research award competition for students and clinicians.

AADSM relocates to a new national office in Darien, Ill.

Board of Directors approves DSM Facility Accreditation program.

2012

AADSM 21st Annual Meeting in Boston attracts a record attendance of more than 1,100 individuals.

2015

AADSM publishes Definition of an Effective Oral Appliance.

AADSM publishes joint Clinical Practice Guideline for Oral Appliance Therapy with American Academy of Sleep Medicine.

2019

AADSM Annual Meeting in San Antonio attracts a record attendance of more than 1,300 individuals.

2006

ADSM becomes the American Academy of Dental Sleep Medicine (AADSM).

2009

AADSM offers its first Advanced Study Club Program and Advanced Course in Oral Appliance Therapy.

2011

AADSM 20th Anniversary Meeting is held in Minneapolis, Minn., June 10-12, 2011.

AADSM accreditation is granted to a DSM facility for the first time.

2013

Academy membership surpasses 3,000 individuals.

2018

AADSM offers first AADSM Mastery Program.

AADSM publishes DSM Standards for Screening, Treating and Managing Adults with Sleep-Related Breathing Disorders.

AADSM national office moves to Lisle, Ill.

2020

1,500 qualified dentists are trained to provide oral appliance therapy.

FAQS

01 WHAT IS AN ORAL APPLIANCE?

An oral appliance is a custom-fit, mouth-guard-like device worn only while you sleep. It keeps your airway open and unobstructed by supporting your jaw in a forward position to keep the upper airway from collapsing and blocking the airway.

02 WHAT IS THE DIFFERENCE BETWEEN CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) THERAPY AND ORAL APPLIANCE THERAPY?

CPAP therapy involves wearing a mask that covers the nose and mouth and is connected to a tube that allows air pressure to keep the airway open during sleep. Oral appliance therapy consists of wearing a custom-fit mouth-guard during sleep to support the jaw in a forward position to help maintain an open airway.

03 WHAT ARE THE COMMON SIGNS AND RISK FACTORS OF OBSTRUCTIVE SLEEP APNEA (OSA)?

OSA is more common in men, but it can occur in women too. Having excess body weight, a narrow airway, or misaligned jaw can increase the risk of OSA. Snoring, choking sounds while sleeping, intermittent snoring with pauses, excessive daytime sleepiness, awakenings with gasping, poor memory, irritability, and morning headaches may be signs of OSA. You should schedule a visit with your physician to discuss these symptoms.

04 WHAT IS THE ROLE OF THE DENTIST IN THE TREATMENT OF OBSTRUCTIVE SLEEP APNEA (OSA)?

Dentists should screen patients for OSA using questionnaires and evaluating the airway and then refer the patient to a physician for an evaluation. Since OSA is a medical condition, dentists should not diagnose sleep disorders. If oral appliance therapy is determined by the physician and patient to be the most appropriate treatment option, the physician will write a prescription for an oral appliance and refer the patient to a qualified dentist who will provide and monitor oral appliance therapy as part of a treatment team with the physician.

05 HOW PREVALENT IS OBSTRUCTIVE SLEEP APNEA (OSA) IN THE UNITED STATES?

Approximately 54 million adults in the US have OSA.





DENTISTS TREAT SLEEP APNEA, TOO

Did you know that many dentists are trained to help treat and manage your snoring and sleep apnea?

Dental sleep medicine is an area of dental practice that focuses on the use of oral appliance therapy to treat sleep-disordered breathing, including snoring and obstructive sleep apnea (OSA). Dentists work together with physicians to identify the best treatment for each patient. The American Academy of Dental Sleep Medicine (AADSM) is a professional society for dentists who help patients control snoring and obstructive sleep apnea through the use of oral appliance therapy.

Health and Quality of Life

A person's quality of sleep has a dramatic impact on his or her health, well-being and overall quality of life. Snoring and obstructive sleep apnea disrupt their sleep and increase their risk of severe health problems. Remember that snoring is a warning sign that should never be ignored. Across the country, many dentists are prepared to provide oral appliance therapy to treat snoring and obstructive sleep apnea.

ABOUT ORAL APPLIANCE THERAPY

Oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea (OSA). A custom-fit oral sleep appliance can improve your sleep, restore your alertness and revitalize your health. Here is a guide to help you get started with this life-changing treatment.

Worn only during sleep, an oral appliance fits like an orthodontic retainer. It supports the jaw in a forward position to help maintain an open upper airway. Research shows that oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea.

ADVANTAGES OF ORAL APPLIANCE THERAPY

Oral appliance therapy is an effective, non-invasive treatment that fits easily into your lifestyle. Patients like oral appliance therapy because it is:

- Comfortable
- Easy to wear
- Quiet
- Portable
- Convenient for travel
- Easy to care for



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