



## American Academy of Dental Sleep Medicine Continuing Education Offering

### Instructions for Earning Credit

A dentist with a current and valid license to practice dentistry in the US or abroad may read any or all of the selected continuing education (CE) articles in this issue of *Journal of Dental Sleep Medicine*, complete the CE evaluation form, and fax or mail the form to the AADSM to receive CE credit. There is no charge to members of the AADSM for this service. Nonmembers must pay a \$20 administrative fee. To earn credit, carefully read any or all of the articles designated for CE credit (see below) and complete the CE evaluation form. A verification of participation letter for CE credit will be faxed or mailed within 3 to 5 weeks. The individual dentist is responsible for maintaining a record of credit received.

### Accreditation Statements

The AADSM 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. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at [www.ADA.org/cerp](http://www.ADA.org/cerp). The AADSM designates this activity for a maximum of .5 CE credits per article. Each participant should claim only those credits that he/she actually spent in the educational activity.



### Statement of Educational Purpose / Overall Education Objectives

The *Journal of Dental Sleep Medicine* (JDSM) aims to reflect the state of the art in the science and clinical practice of dental sleep medicine. The focus of JDSM is on the interaction between sleep-disordered breathing and dental medicine. Additionally, as sleep disorders are complex and their management multi-disciplinary, JDSM brings readers cutting-edge information about all common sleep disorders and disruptions. JDSM includes patient studies as well as basic science studies of the physiology and pathophysiology of sleep disorders. JDSM also includes studies that illustrate clinical approaches to diagnosis and treatment.

### About the AADSM

The American Academy of Dental Sleep Medicine (AADSM) is a professional membership organization promoting the use and research of oral appliances and oral surgery for the treatment of sleep disordered breathing and provides training and resources for those who work directly with patients. AADSM members collaborate with colleagues to learn about oral appliances and the role they play in the diagnosis and treatment of sleep-related breathing disorders. The AADSM helps educate practitioner dentists through clinical meetings that keep leading-edge ideas accessible and establishes and maintains appropriate treatment protocol.

The following articles may be read and evaluated for .5 CE credits each:

#### Issue 1:

#### 1. Airway Findings of Nasolaryngoscopy and Cephalometry Associated with Obstructive Sleep Apnea

Objective: To determine the correlation between the findings of the fiberoptic nasolaryngoscopy and lateral cephalometry, and to evaluate the relationship between obstructions in the airway identified in both diagnostic methods and OSA in adults.

#### 2. Prospective Assessment of Maximum Protrusion in Patients Wearing a Mandibular Advancement Device

Objective: To determine whether patients' maximum protrusion could be increased after wearing a MAD for 3 months, such that patients with weak protrusion (who could at first be withdrawn from treatment) could be eligible for this treatment.

#### 3. Influence of Vertical Mouth Opening on Oral Appliance Treatment Outcome in Positional Obstructive Sleep Apnea

Objective: To assess the influence of mouth opening on the outcome of mandibular advancement splint (MAS) treatment in patients with positional OSA.

## Issue 2:

### **1. Oral Health Status of Children With High Risk of Sleep-Disordered Breathing**

Objective: To evaluate caries, gingival and periodontal status, and oral health-related quality of life (OHRQoL) in children with high risk of sleep-disordered breathing (SDB) in comparison to those with low risk of SDB.

### **2. Dental Side Effects of Long-Term Obstructive Sleep Apnea Therapy: A Comparison of Three Therapeutic Modalities**

Objective: Obstructive sleep apnea (OSA) is a sleep-related breathing disorder characterized by repetitive obstruction of the upper airway during sleep. Patients are often treated with either continuous positive airway pressure (CPAP) or a mandibular advancement device (MAD). The objective of this study was to evaluate changes in dental occlusion, associated with long-term MAD and CPAP therapy.

### **3. Evaluation of a New Oral Appliance With Objective Compliance Recording Capability: A Feasibility Study**

Objective: The aim of this study is to evaluate the clinical feasibility of a novel oral appliance therapy device with a compliance recorder (OAT-CR), and report the objectively collected data. This is the first study to report on a commercially available OAT-CR.

## Issue 3:

### **1. The Prevalence of General Dentists Who Screen For Obstructive Sleep Apnea**

Objective: To determine the prevalence of general dentists screening for obstructive sleep apnea (OSA).

## Issue 4:

### **1. A New Definition of Dental Sleep Medicine**

Objective: Within the framework of this newly proposed definition, the discipline covers the following conditions: orofacial pain; oral moistening disorders (oral dryness, hypersalivation); gastro-esophageal reflux disorder; sleep-related breathing disorders (snoring, obstructive sleep apnea); and mandibular movement disorders (dyskinesia, dystonia, sleep bruxism). This article briefly outlines these conditions, with particular emphasis on whether they have adverse effects on patients, and when a condition should be regarded as a disorder and therefore diagnosed and if necessary managed.

## Volume 5 CE Evaluation Form

Please use the following scale: 5 = Strongly Agree, 4 = Agree, 3 = Unsure, 2 = Disagree, 1 = Strongly Disagree

<b>Educational Assessment</b>	<b>Issue 1 Article 1</b>	<b>Issue 1 Article 2</b>	<b>Issue 1 Article 3</b>	<b>Issue 2 Article 1</b>	<b>Issue 2 Article 2</b>	<b>Issue 2 Article 3</b>	<b>Issue 3 Article 1</b>	<b>Issue 4 Article 1</b>
I learned something new that was important	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I verified some important information	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to discuss this information with colleagues	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to seek more information on this topic	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
My attitude about this topic changed in some way	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
This information is likely to impact my practice	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I understood what the authors were trying to say	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I was able to interpret the tables/figures (if applicable)	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
The presentation of the article enhanced my ability to read and understand it	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1

**Additional comments and/or feedback:** \_\_\_\_\_

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**What changes, if any, do you plan to make in your practice as a result of these articles?** \_\_\_\_\_

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continue on next page

**I attest to having completed the CE activity (CE will not be verified without signature)**

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

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

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

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

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Are you a member of the AADSM? (circle one): YES / NO (If no, complete the following payment information:

- Check made payable to AADSM for \$20 (US) is enclosed.
- Charge \$20 (US) to (check one):    VISA    MasterCard    American Express

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_ V-Code \_\_\_\_\_

**Please return this completed form to the American Academy of Dental Sleep Medicine national office:  
AADSM  
1001 Warrenville Rd., Suite 175, Lisle, IL 60532  
Fax: (630) 686-9876**