



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. 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. Is the Acoustic Pharyngometer a Valid Tool for Airway Assessment?

Objective: To check the validity of the acoustic pharyngometer when compared to CBCT measurements.

2. Acceptance and Efficacy of Mandibular Advancement Device Treatment in Military Veterans With Obstructive Sleep Apnea: Effect on Posttraumatic Stress Disorder

Objective: Obstructive sleep apnea (OSA) and posttraumatic stress disorder (PTSD) often coexist in military veterans. Adherence to continuous positive airway pressure (CPAP) is poor among military veterans. The goal of the study was to evaluate whether veterans who were nonadherent to CPAP would accept treatment with mandibular advancement (MAD) devices, and whether those with PTSD experienced improvement in symptoms.

3. Polysomnographic Pilot Study of a New Mandibular Oral Device for Mild to Moderate Obstructive Sleep Apnea

Objective: The mandibular advancement device (MAD) in study, the velolingual bite (VLB), was a custom-made, monobloc device including a tongue retention and suction cavity and a direct anchorage onto the mandibular bone and not onto the teeth. The main objective of the study was to evaluate the efficacy of the MAD in reducing pathologic sleep-related breathing events and in improving overall sleep quality. The study also sought to evaluate tolerability of and compliance to the MAD therapy.

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4. Adherence of Mandibular Advancement Device for Obstructive Sleep Apnea in a Veteran Population

Objective: To determine the adherence rate of a custom-fit mandibular advancement device (MAD), and the factors that may affect this adherence within a veteran population with obstructive sleep apnea (OSA).

5. Comparing Anterior Protrusive With Sibilant Phoneme Mandibular Positioning Techniques for Dental Sleep Appliances in Managing Obstructive Sleep Apnea: A Retrospective Study

Objective: The objective of this study is to compare the differences in mandibular protrusion between anterior protrusive and sibilant phoneme mandibular positioning techniques for dental sleep appliance therapy.

Issue 2:

1. Validation of a Novel Trial Oral Appliance Protocol Versus a Conventional Custom Oral Appliance Protocol for the Treatment of Obstructive Sleep Apnea

Objective: The goal of the study is to compare the treatment response achieved with a trial oral appliance (OA) to that obtained with a custom OA.

**Volume 8
CE Evaluation Form**

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

Educational Assessment	Issue 1 Article 1	Issue 1 Article 2	Issue 1 Article 3	Issue 1 Article 4	Issue 1 Article 5	Issue 2 Article 1
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
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
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
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
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
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
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
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
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

Additional comments and/or feedback: _____

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

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: _____

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AADSM

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