

# Perspectives on Benefits of Attending the AADSM Annual Meeting

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The AADSM recently held its annual meeting in New Orleans, LA. It featured a number of exciting options for attendees, including a pediatric OSA course, a keynote address from Dr. Danny Eckert and more than 100 clinical takeaways for attendees to implement. We recently reached out to a few to hear their perspectives on the benefits of attending the annual meeting.

## **AS AN EXPERIENCED DENTAL SLEEP MEDICINE (DSM) PROVIDER/RESEARCHER, WHAT ARE THE BIGGEST BENEFITS TO YOU WHEN YOU ATTEND THE ANNUAL MEETING? WHAT CAN THOSE NEWER TO DSM GAIN FROM ATTENDING?**

### **DSM Providers**

“The annual AADSM is an event that I cannot afford to miss! It has a myriad of professional opportunities that are invaluable to my practice and professional development.

As a newer dentist, when I was just learning about this field, it was invaluable in terms of education (and education that I could trust) and the ability to meet others who had been practicing DSM for years – I learned so much from my colleagues here. Their pearls of wisdom helped shape my practice and their successes shaped my goals for success.

Now as a DSM practitioner who has been doing this for many years, I still find value in meeting with my old and new friends in the field – we all work in fairly isolated environments and it is helpful to connect with others outside of our offices.

In terms of education, I find the AADSM outstanding – they do a great job of offering education for the new, curious and experienced practitioners. This year’s line up of speakers was fabulous – I learned of research that I had missed in my literature reviews and of techniques that other dentists and physicians are using to create better outcomes for their patients. I’m now able to use this knowledge to create better outcomes for my patients.

There is no substitute for the annual AADSM meetings!”

*Vicki E. Cohn, DDS D.ABDSM*

“As an ABDSM Diplomate, I value the advancement that the AADSM provides our field through innovation and education. Collaboration with credible sources is essential

for ongoing education as a DSM provider, and the AADSM is a cornerstone in this industry.

AADSM conferences are transformative, offering diverse vendors and speakers showcasing cutting-edge DSM advancements. From diagnostic tools to treatment modalities and latest research, each presentation highlights AADSM's commitment to advancing knowledge in our practices.

Brainstorming sessions with leading suppliers in developing new products and technologies were particularly enlightening, showcasing emerging trends but also encouraging collaborative thinking among practitioners, researchers, and industry leaders. The educational opportunities offered at the conference, including workshops and seminars, were invaluable in expanding knowledge and refining skills.

The emphasis on evidence-based practice and patient-centered care resonates deeply with my professional values, and I am grateful for the AADSM's commitment to upholding these standards. Among this, I also commend the AADSM for leading with excellence and ethical standards. Your efforts elevate our profession and inspire confidence among patients and stakeholders alike.

I am honored to be part of an organization that values innovation, collaboration, and continuous learning. The AADSM conference annually reignites my passion for dental sleep medicine and strengthens my dedication to advancing our field. I highly recommend the AADSM conference to all interested providers.”

*Shelley D. Shults CNP, DDS, D.ABDSM*

### **DSM Researchers**

“There are many benefits to attending the annual meeting for me. Amongst the top reasons I attend the annual meeting, is to be able to learn from leading researchers in the field of sleep medicine about the evolving scientific understanding in the field. This allows for the next important questions in sleep science to be conceptualized and explored using various research methodologies, with the goal of translating research insights into patient care solutions.

Another reason is to be able to interact with peers engaged in evidence-based clinical practice, as well as scientific research and learn from their perspectives regarding the application of current evidence into their respective clinical practice and/or research environments

With attendees from diverse practice settings gathering at the annual meeting, it can be an enriching opportunity for newer attendees as they get to interact with peers from various stages in developing their practice of dental sleep medicine as they network and connect, thus sharing perspectives regarding their current approaches to care management. Take home learnings from the various tracks of the meeting, along-side learnings from industry collaborators, provide newer attendees accessible as well as practical information that can be readily applied to their clinical practice.”

*Subha Giri, BDS, MS, FAAOP, D. ABDSM*

“For me, the biggest benefit of attending the AADSM Annual Meeting is the opportunity to engage with the latest research findings in dental sleep medicine. The meeting provides a platform to network with researchers, clinicians, and industry professionals from around the world, which is

invaluable for fostering collaborations and sharing insights. The lectures and workshops offer deep dives into specific topics, enhancing my understanding and expanding my knowledge base. For newcomers, the annual meeting is an exceptional opportunity to gain a comprehensive overview of the current landscape of dental sleep medicine, including cutting-edge technologies, emerging research, and best practices. The diverse program, ranging from foundational sessions to advanced workshops, ensures that there is something valuable for everyone, regardless of their level of experience.”

*Zhengfei Huang, DMD, MSc, PhD*

***Interested in the AADSM annual meeting? You can purchase [recordings](#) from the 2024 annual meeting. Save the date for next year's meeting on May 16-18, 2025 in Las Vegas, NV!***

### CITATION

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**Left to Right: Drs. Vicki Cohn, Shelley Shults, Subha Giri, & Zhengfei Huang**