



OBSTRUCTIVE SLEEP APNEA FROM A TO Zzzzz A COMPREHENSIVE REVIEW FOR THE DENTAL PROFESSIONAL

DRS. BENJAMIN PLISKA, FERNANDA ALMEIDA, NEIL CHADHA, JOHN FLEETHAM

Obstructive sleep apnea (OSA) is a serious medical condition effecting both children and adults, while despite being a common disorder it is estimated that OSA remains highly undiagnosed, with 75-80% of cases unidentified. As recent studies have highlighted the importance of the interdisciplinary care for optimal screening, diagnosis and treatment of sleep disordered breathing, the role dental professionals can play in the management of this disease has become better defined.

Spend the day with our team learning the very latest evidence-based approaches to OSA screening, diagnosis and treatments for patients of all ages. Improved understanding of OSA and its management will help you achieve quality treatment outcomes and ensure better overall health of your patients.

This presentation will review the key fundamentals of Sleep Medicine and how it applies to the obstructive sleep apnea patient. Specifically geared for a dental audience, we will examine the relationship between sleep disordered breathing and craniofacial growth and development, as well as the current evidence related to orthodontic imaging and treatment effects on obstructive sleep apnea and the airway. For adults, oral appliances have become an accepted first line of treatment for a wide range of patients suffering from obstructive sleep apnea. Dentists are ideally suited to deliver this increasingly popular OSA treatment modality and should be well aware of both the associated benefits and complications. This presentation will also discuss the latest evidence regarding the effectiveness of oral appliance treatment of OSA, as well as review the management of the most common side effects.

EDUCATIONAL OBJECTIVES

1. Define and recognize comorbidities associated with Sleep Disordered Breathing (SDB) and Obstructive Sleep Apnea (OSA) in both children and adults
2. Recognize and interpret the signs and symptoms of SDB and OSA
3. Discuss the pathophysiology and morbidity of sleep disordered breathing
4. Evaluate the evidence for orthodontic intervention in pediatric obstructive sleep apnea
5. Describe the interdisciplinary teamwork between dentists and physicians that is required for oral appliance (OA) therapy for adult patients being treated for snoring and/ or OSA
6. Describe the effectiveness and major side effects of oral appliance treatment of obstructive sleep apnea in adults

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SATURDAY
NOVEMBER 23, 2019

TUITION:

	until Oct 18	after Oct 18
Dentists	\$375	\$395
Allied Dental Professionals	\$205	\$225

5.5 hours of instruction

Continental breakfast, lunch, handouts are included

TIMES:

Registration Begins:	8:30 AM
Dr. Almeida	9:00 AM - 10:30 AM
Dr. Fleetham	10:45 AM - 12:00 PM
Dr. Pliska	1:00 PM - 2:30 PM
Dr. Chadha	2:45 PM - 4:00 PM

LOCATION:

Meeting room TBA
Instructional Resource Centre (IRC)
2194 Health Sciences Mall
University of British Columbia

REGISTER:

dentistry.ubc.ca/cde

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SPEAKERS

**BENJAMIN PLISKA, DDS, MS, FRCD(C)**

Dr. Benjamin Pliska is an Associate Professor in the Division of Orthodontics at the University of British Columbia Faculty of Dentistry, an Orthodontic Consultant at BC Children's Hospital and a Certified Specialist in Orthodontics practicing in Vancouver. Dr. Pliska obtained his DDS from the University of Western Ontario, and is a graduate of the University of Minnesota School of Dentistry where he obtained his orthodontic training and M.S. degree. Dr. Pliska frequently lectures on the intersection of Orthodontics, Sleep Medicine and Craniofacial Imaging.

**FERNANDA ALMEIDA, DDS, PHD**

Dr. Almeida is an Associate Professor at the University of British Columbia Faculty of Dentistry, who received her Doctor of Dental Surgery degree from the University of Sao Paulo, Brazil, and her Master of Science from the Federal University of Sao Paulo, Brazil. She is an alumna of UBC, where she completed her Doctor of Philosophy (Dental Sciences). Dr. Almeida has been involved in oral appliance research and the treatment of patients with obstructive sleep apnea since 1996, and her research is focused on oral appliance side effects, compliance, titration modalities, imaging and treatment outcomes.

**NEIL CHADHA, MBCHB(HONS), MPHE, BSC(HONS), FRCS**

Dr. Chadha is Head of the Division of Pediatric Otolaryngology-Head and Neck Surgery, B.C. Children's Hospital and Associate Clinical Professor at the University of British Columbia. Dr. Chadha's training includes Fellowships at the Hospital for Sick Children in Toronto, and a Master's Degree in Population Health & Epidemiology from the University of Manchester. An active researcher, Dr. Chadha frequently publishes and presents on best practices and evidenced-based care.

**JOHN FLEETHAM, MB, BS, FRCP**

Dr. Fleetham is Head of the Vancouver Coastal Health Sleep Disorder Program and Professor of Medicine at the University of British Columbia. Dr. Fleetham graduated from the University of London and received his postgraduate training in the UK, Kingston, Ontario and Winnipeg, Manitoba. He has practised respiratory medicine and sleep disorder medicine since coming to Vancouver in 1981. Dr. Fleetham has published over 100 articles and 15 book chapters, and the majority of these have been on different aspects of sleep disordered breathing.

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