Obstructive sleep apnea is a prevalent condition in our society. Although the treatment for this condition is usually through C-PAP, many patients and physicians alike are looking for an alternative and oral appliance therapy can be a good option for these patients. Oral appliance therapy to manage obstructive sleep apnea and primary snoring is a growing field that incorporates knowledge from both the medical and dental perspectives. This lecture provides an overview of the current concepts on dental sleep medicine. Participants will learn about the pathophysiology of obstructive sleep apnea, and the role that a dentist can play in the management of obstructive sleep apnea as part of a multidisciplinary team approach.

EDUCATIONAL OBJECTIVES

• Understand the role of dentistry in the management of snoring and obstructive sleep apnea in adults
• Review the contraindications and adverse effects of oral appliance therapy
• Identify which obstructive sleep apnea patients are candidates for oral appliance therapy

ISABEL MORENO-HAY, DDS, PHD - OROFACIAL PAIN CLINIC DIRECTOR, is currently an Associate Professor in the Division of Orofacial Pain, University of Kentucky College of Dentistry. She is a graduate of the University Complutense of Madrid, School of Dentistry (Spain). In 2005, she completed a fellowship in implant prosthodontics at the University Complutense of Madrid. Dr. Moreno received a European Ph.D. degree in 2011 from University Complutense of Madrid. Her doctoral thesis on electromyography examined the electrical activity of masticatory muscles, stressing the role of electromyography in dentistry. Dr. Moreno graduated from the 2-year CODA approved program in Orofacial Pain at the University of Kentucky in 2013. She became a Diplomate of the American Board of Orofacial Pain in 2015. She is a fellow member of the American Academy of Orofacial Pain, member of the Spanish Academy of Temporomandibular Disorders, Kentucky Sleep Society and American Academy of Dental Sleep Medicine. She has published several research articles in international journals.

CANCELLATION POLICY

Cancellations received up to 72 hours prior to the course will receive a 50% refund. No refunds will be given for cancellations received within 72 hours of the course. Please note that Zoom will allow you to cancel out of a Zoom event at any time, however, all cancellations for this course must be made directly with UBC in accordance with this UBC CDE cancellation policy. Continuing Dental Education at The University of British Columbia reserves the right to cancel courses or switch instructors if deemed necessary by low enrolment, instructor cancellation or other unforeseen issues. In case of course cancellation by UBC CDE a full refund will be issued.