



HOW TO PRACTICALLY MANAGE THE SIDE EFFECTS OF MANDIBULAR ADVANCEMENT DEVICES IN THE TREATMENT OF OBSTRUCTIVE SLEEP APNEA

DR. JULIA COHEN-LEVY

Dentists are now an integral part of the multidisciplinary team responsible for treating sleep breathing disorders, particularly due to the growing contribution of mandibular advancement devices (MADs) to the treatment of adult patients. MADs are anchored to the teeth to force the mandible into an advanced position, mechanically widening the upper airways and reducing their collapsibility. However, the stretching of muscles and ligaments of the jaws generates stresses, which are transmitted back to the teeth, periodontium and temporomandibular joints. Understanding and managing the side effects associated with MADs seem absolutely necessary for patient support, helping to reduce short-term adherence failures. As joint adaptations and occlusal changes gradually take place, following continuous wear of MADs, long-term support and monitoring is also necessary.

This interactive Webinar will test your knowledge about MAD therapy, as well as your differential diagnosis and therapeutic approach for their related side effects. It will be organized around clinical cases with very different profiles, as well as different designs of oral appliances.

EDUCATIONAL OBJECTIVES

- Review the mechanisms of action of MADs in the treatment of sleep disordered breathing, their indications, contraindications and the limits of their use
- Learn to manage short-term side effects to improve treatment adherence
- Understand long-term dentofacial side effects, their risk factors and some biomechanical aspects of MADs design

CLINICIAN



JULIA COHEN-LEVY, DDS, MSC, PHD is an Assistant Professor of Orthodontics at McGill's Faculty of Dentistry, Montreal, Canada. She is a qualified specialist in orthodontics, having graduated from the University of Paris 7 in France (CECSMO 2004) and the University of Montreal, Quebec (DES 2020). She holds a doctorate about adult obstructive sleep apnea syndrome (PhD, Paris 6), a post-doctorate on pediatric sleep disordered breathing (Dr Nelly Huynh laboratory, Montreal Canada), as well as a master's degree in medical law and liability.

Dr. Cohen-Lévy's areas of interest are multidisciplinary treatments and collaboration with medical disciplines. She has published experimental and clinical research on mandibular advancement devices, maxillofacial surgery and dentofacial orthopedics in the field of sleep medicine.

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