

# Introduction to TMD & Dental Sleep Medicine Webinar

**September 8-9 2023 | Webinar via ZOOM | 15 CEUs**

This 2-day education program will cover dental sleep medicine and orofacial pain, discuss TMJ disorders and briefly touch on other orofacial pain seen in a general dental practice.



It is estimated that more than 18 million Americans suffer from Sleep Apnea, when a person's airway gets blocked while sleeping. This will often happen because a person is overweight, and additional tissue thickens the wall of the windpipe, making it more difficult to keep open. And, sometimes, it is because the throat muscles relax more than normal. A long, bony neck can also make for a narrower airway, leading to sleep apnea.

The most common treatment option is the use of a CPAP machine. However, many patients are non-compliant to this form of treatment and do not want to undergo surgery. When this occurs, their best option may be oral appliance therapy, which a dentist provides. By wearing an oral appliance, it opens the airway by pushing the lower jaw forward and is more comfortable than a CPAP machine.

Orofacial pain covers a wide spectrum of symptoms. It can be exhibited in many head and neck areas, with most complications associated with the temporomandibular joint disorder (TMD). An essential part of routine dental examinations for all patients and the gold standard for diagnosing TMD is based on the patient's history, clinical examination, and imaging when necessary.

The connection between airway issues, bruxism, and TMD (orofacial pain) is no longer a question of 'if'. Instead, it is a question of proper evaluation and diagnosis by the dental and medical teams. As a dentist, you will often evaluate, refer, and possibly manage these issues impacting a large percentage of the population. And, with a clear relationship, we look to understand that clenching or grinding one's teeth is a way for the brain to protect itself from suffocation during sleep.



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# What you will learn.

- ✓ Basics of Sleep, Sleep Medicine, and Sleep Disorders.
- ✓ The Role of the Dentist in Sleep Medicine.
- ✓ Screening for Sleep Disorders.
- ✓ Oral Appliances for Airway and Breathing Disorders (SRBD).
- ✓ The Jaw/Bite Registration for Construction of an Oral Appliance.
- ✓ Orofacial Pain - What you Should be Aware of.
- ✓ Performing a Comprehensive Examination.
- ✓ Taking a Pain History - What it All Means.
- ✓ Splint Therapy for TMJ Disorders

## AGENDA:

### DAY 1 - Friday (8am-5pm)

- Overview on Sleep.
- Identifying SDB patients in your practice.
- Overview of Dentist Role in DSM Part 1.
- Overview of Dentist Role in DSM Part 2.
- Questions & Answers.

### DAY 2 - Saturday (8am-3pm)

- Anatomy and Function of TMJ and Associated Structures.
- Taking a Pain History.
- Understanding How to Diagnose Common TMJ Disorders.
- Management.
- Questions & Answers.

**Participant: \$495**

**CEUs: 15**

## SPEAKERS:



### Terry Bennett, DMD

- Diplomate of ABCP, ABDSM, and ABCDSM
- Former President of the AACP
- Practice limited to Dental Sleep Medicine and Craniofacial Pain

### Mayoor Patel, DDS, MS

- Diplomate of ABCP, ABDSM, ABCDSM, and ABOP
- Practice limited to Dental Sleep Medicine and Craniofacial Pain

