



**Tufts**  
UNIVERSITY

School of  
Dental Medicine

# 2016-2017 Dental Sleep Medicine Mini-Residency

A comprehensive, multi-part program consisting of 3 three-day modules plus guided self-study and video conferences.

**Module I:**  
October 13-15, 2016

**Module II:**  
January 12-14, 2017

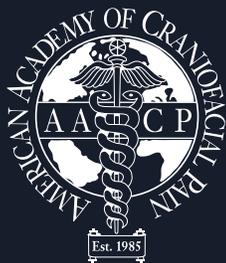
**Module III:**  
April 6-8, 2017

All modules conducted at the Tufts University School of Dental Medicine, Boston, MA



**Act Now - Previous Classes Have Sold Out!**

For pre-registration, please visit [www.aacfp.org](http://www.aacfp.org), or contact the Tufts University Office of Continuing Education: [dentalCE@tufts.edu](mailto:dentalCE@tufts.edu) | 617.636.6629



**Tufts** | School of  
UNIVERSITY | Dental Medicine

# 2016-2017 Dental Sleep Medicine Mini-Residency

Join us for this Comprehensive Program

Module I:	Module II:	Module III:
October	January	April
13-15, 2016	12-14, 2017	6-8, 2017

Tufts University School of Dental Medicine, in collaboration with the American Academy of Craniofacial Pain, is offering a comprehensive Dental Sleep Medicine Mini-Residency Program

## On-Site Curriculum will Include

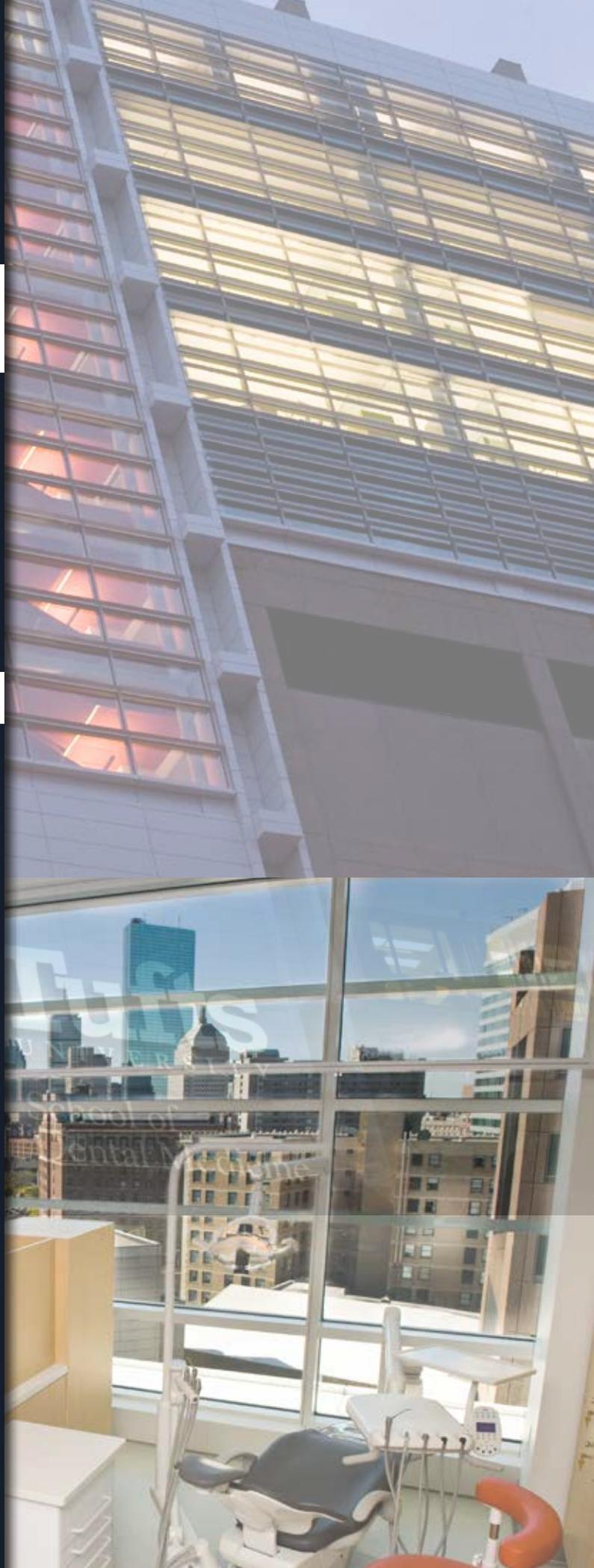
- Lectures by leading clinicians in the Sleep Medicine and Dental Sleep Medicine fields
- Hands-on sessions
- Case presentations
- Video conferences

## Guided Self-Study will Include

- Sleep lab experience
- Literature review
- Case study preparation
- Inter-module guided learning (i.e., assignments to be completed in advance of modules)
- Video lecture review

## Eligible Participants will Receive

- A "Certificate of Completion" from Tufts University School of Dental Medicine
- A "Certificate of Completion" from the American Academy of Craniofacial Pain
- Approximately 60 CE hours (including on-site instruction plus guided self-study)



# Learning Objectives for Each Module Include:

## Module I: October 13-15, 2016

- A review of head and neck anatomy specifically related to TMD, craniofacial pain disorders and the airway.
- The student should understand the basics of normal sleep, physiology of sleep, chronobiology (circadian rhythms), breathing and non-breathing related sleep disorders, sleep related movement disorders, upper airway resistance syndrome, adult obstructive sleep apnea, pediatric sleep disorders, and the health consequences of sleep deficiency.
- The interrelationship between TMD and sleep, the significance of this relationship, and how to avoid potential TMD related problems will be discussed.
- Clarification of the mechanisms related to bruxism in children and adults will be discussed.
- Hands on experience with proper examination principles and bite registration techniques will be provided.
- How to get started screening, evaluating, examining, referring and treating obstructive sleep apnea patients.

## Module II: January 12-14, 2017

- Students will better understand the 3-dimensional nature of dental occlusion and how to evaluate a patient's occlusion related to TMD and sleep disorders.
- Myofascial pain dysfunction will be discussed.
- Comprehensive examination techniques and procedures will be discussed and demonstrated.
- Students will receive more in-depth education regarding parasomnias and other related sleep disorders, sleep bruxism in children and adults, and the pediatric airway.
- The connection between TMD and orthodontics, and their relation to sleep-disordered breathing will be discussed.
- Students will be given an overview of oral appliances for the treatment of OSA and review appliance selection criteria.
- A hands-on workshop will be presented on bite registration techniques for OA therapy as well as basic TMD appliances.

## Faculty Members & Guest Lecturers

### Greg Essick, DDS, PhD

Dr. Greg Essick is Professor in the Department of Prosthodontics and in the Center for Pain Research and Innovation at the University of North Carolina at Chapel Hill. He completed his D.D.S and his Ph.D. training in neurophysiology at the University and post-doctoral work at the Salk Institute, La Jolla, California. Dr. Essick's NIH-supported research includes studies of chronic orofacial pain and of trigeminal nerve injury. His recent research pertains to the associations between obstructive sleep apnea and temporomandibular disorders (TMD), and periodontitis. He authors or co-authors more than 100 journal articles and book chapters. His faculty practice focuses on dental sleep medicine, which he is implementing into the curriculum at the UNC School of Dentistry. He provides the school's continuing education in sleep medicine to practicing dentists in North Carolina. He is the AADSM 2013 recipient of the Clinical Research and Excellence Awards.

### Emad Abdallah, DMD, MS

Dr. Abdallah received his doctorate degree, certificate in Orthodontics and Masters of Science in Temporomandibular Joint disorders (TMJ) and Orofacial pain from Tufts University School of Dental Medicine in Boston Massachusetts. The American Board of Orofacial Pain certified him as a Diplomate in 1996. Dr. Abdallah has been on staff at Tufts University School of Dental Medicine since 1995 and is currently an Assistant Professor.

### Fernanda R. Almeida, DDS, MSc, PhD

Dr. Almeida has devoted her career to treatment and research of snoring and sleep apnea since 1995. She is an assistant professor at the University of British Columbia (UBC), who received her PhD in Dental Sleep Medicine at UBC in 2005. She is also Diplomate of the American Board of Dental Sleep Medicine and member of the executive board and research chair of the American Academy of Dental Sleep Medicine.

### Orfeu M. Buxton, PhD

Associate Professor, Department of Biobehavioral Health, Pennsylvania State University. Lecturer on Medicine, Division of Sleep Medicine, Harvard Medical School. Associate Neuroscientist, Department of Medicine, Brigham and Women's Hospital. Adjunct Associate Professor, Department of Social and Behavioral Sciences, Harvard School of Public Health. His research interests include the causes of sleep deficiency (insufficient duration or inadequate sleep quality) in the workplace, home, and society; the health consequences of sleep deficiency, especially cardiometabolic outcomes, and the physiologic and social mechanisms by which these outcomes arise.

### Carolyn M. D'Ambrosio, MD

Dr. D'Ambrosio is the Director of Harvard-Brigham and Women's, Pulmonary and Critical Care Fellowship, Brigham and Women's Hospital, Boston, MA. Her major research interests include the study of sleep apnea as a risk factor for perioperative morbidity and mortality, and the role of fragmented sleep on patients with acute

respiratory failure and mitochondrial disease. In addition to her accomplishments in teaching, she has presented her work on sleep apnea at numerous national conferences. Her research has been featured in many peer-reviewed books and journal articles, and she is an editorial reviewer for journals including Intensive Care Medicine, CHEST, SLEEP, and the Journal of Clinical Sleep Medicine. She has served as Chair for the Sleep-Related Breathing Disorders Section of the American Academy of Sleep Medicine, and is an active member of professional societies including the Massachusetts Sleep Society and the American Thoracic Society.

### Khalid Ismail, MD

Assistant professor of Medicine, and program director sleep medicine fellowship at Tufts University School of Medicine. Director for the sleep center at Tufts medical center in Boston, MA. His areas of research interest include the interaction between sleep disordered breathing and pulmonary hypertension.

### Alan A. Lowe, DMD, PhD

Dr. Alan Lowe completed his predoctoral training at the University of Saskatchewan between 1966 and 1968. In 1972, he graduated with a D.M.D. from the University of British Columbia in Vancouver and commenced orthodontic training at the University of Toronto. After completing a Diploma in Orthodontics in 1975 and a Ph.D. in 1976 entitled "The Neural Control of Tongue Posture", he was appointed as an Assistant Professor of Orthodontics at the University of British Columbia in

Vancouver. Dr. Lowe became an Associate Professor in 1979, Chairman of Orthodontics in 1980, a Fellow of the Royal College of Dentists of Canada in 1981, a full Professor in 1984 and served as Head of the Department of Clinical Dental Sciences from 1989 to 1996.

### Kent E. Moore, MD, DDS

Dr. Moore is an Oral & Maxillofacial Surgeon whose Charlotte, N.C. practice focuses on Maxillofacial treatment of patients with sleep-related upper airway pathology (obstructive sleep apnea), and corrective jaw surgery. Dr. Moore is a Diplomate of the American Board of Oral & Maxillofacial Surgery, the American Board of Dental Sleep Medicine, and the National Dental Board of Anesthesiology.

### James C. O'Brien, MD

Dr. O'Brien is the Director of Sleep Medicine at Boston Sleep Care Center. He completed his residency training in Internal Medicine and his fellowship in Pulmonary Medicine at Carney Hospital in Dorchester, MA and his graduate training in Sleep Medicine at McLean Hospital in Belmont, MA. In addition to serving as the Director of Sleep Medicine at Boston SleepCare Center, Dr. O'Brien serves as the Medical Director at ProHealth Physicians Sleep Center in Hartford, CT. Board Certification(s) in Internal Medicine, Pulmonary Medicine, and Sleep Medicine.

### Jonathan A. Parker, DDS

Dr. Parker is an adjunct Assistant Professor at the Division Dental Sleep Medicine, Tufts University School of Dental Medicine in Boston, Massachusetts. He is a Diplomate of the American Board of Dental Sleep

## Module III: April 6-8, 2017

- Students will prepare and present case presentations of cases that they have undertaken since beginning the program.
- Students will have the opportunity to personally experience several different custom-fabricated oral appliances with a hands-on appliance fitting workshop.
- An advanced discussion of clinical techniques will be presented, covering bite registrations, appliance selection, fitting, titration, problem solving, follow up and long-term care.
- Surgical procedures for the treatment of OSA, including maxillo-mandibular advancement, will be presented.
- Specifics on the ins and outs of working with medical insurance, Medicare, and other payers will be presented with a step by step approach to billing.
- Students will learn how to incorporate dental sleep medicine in to their general dental practice, including working with sleep laboratories, and medico-legal issues related to dental sleep medicine practice.

Medicine and the American Board of Orofacial Pain. He has authored a number of research articles and abstracts evaluating the effectiveness of oral appliance therapy for obstructive sleep apnea (OSA). Dr. Parker has lectured internationally on evaluation and treatment of snoring and OSA.

### John E. Remmers, MD

Dr. John E. Remmers is a pulmonologist and professor of Internal Medicine and Physiology & Biophysics at the University of Calgary supported by the Alberta Heritage Foundation for Medical Research. He is a well-known expert on snoring and sleep apnea. He established the Sleep Centre at Foothills Hospital and has been clinically active in the field for 30 years. His research interests relate to neurobiology of respiratory rhythmogenesis, chemoreception, and pathophysiology of control of breathing.

### Robert R. Rogers, III, DMD

Dr. Rogers is the Director of Clinical Services for Pittsburgh Dental Sleep Medicine, PC and limits his practice to dental sleep medicine. Dr. Rogers is the founding president of the American Academy of Dental Sleep Medicine (AADSM) and served again as president in 1995 and 1999. He was a member of the task force for the revision of the American Academy of Sleep Medicine Position Paper and Practice Parameters on Oral Appliance Therapy and also co-authored the American Academy of Sleep Medicine Guidelines for the Evaluation, Management and Long term Care of Adult Obstructive Sleep Apnea.

### Antonio Romero, DDS, PhD

Dr. Romero graduated from University of Valencia, Doctor cum laude PhD, Postgraduate Degree in Statistical Analysis for Health Sciences. University of Valencia, Diplomate by the American Board of Orofacial Pain. Member of the Research Committee of the American Academy of Dental Sleep Medicine, member Spanish Society of Craniomandibular Dysfunction, Spanish Pain Society and Spanish Society of Dental Sleep Medicine, private practice exclusively limited to TMD, Orofacial Pain and Dental Sleep Medicine in Valencia (Spain). Dr. Antonio Romero has lectured widely on the topics of TMD, Bruxism, Orofacial Pain and Dental Sleep Medicine both in Spain and Internationally.

### Noah S. Siegel, MD

Adjunct Assistant Professor, Division of Dental Sleep Medicine, Tufts University School of Dental Medicine in Boston, Massachusetts. He completed his residency training at Harvard University which included training at the following institutions: Massachusetts Eye and Ear Infirmary, Massachusetts General Hospital, Brigham and Women's Hospital, Boston Children's Hospital and Beth Israel Deaconess Medical Center. He obtained his Board Certification from the American Board of Otolaryngology and Sleep Medicine Subspecialty certification.

### Egilium L.H. Spierings, MD, PhD

Dr. Spierings is a Neurologist an Associate Clinical Professor & Director of the Headache Section at the Craniofacial Pain Center, Tufts University School of Dental Medicine in Boston, MA.

*"This residency is not about saving teeth, it's about saving lives. I have had a major paradigm shift in the way that I look and approach patients. I've always thought I was whole health focused, and I certainly have always been passionate about TMD and occlusion, but for the first time ever I feel like I understand why I see so much dental occlusal wear. This is not just another course that will make you think how wonderful the lecturers are, though they are, this is a residency designed to help you evaluate and treat patients that are literally seeking help with no answers. You can hold the key to their health. Tufts mini residency can give you that knowledge, if you have the desire..."*

**Brian D. Vancil DMD, Class 2015**

# ACT NOW!

## Previous Classes Have Sold Out!

## Curriculum Developers & Faculty

### Noshir R. Mehta, DMD, MDS, MS

Dr. Mehta is Associate Dean of Global Relations, Tufts University School of Dental Medicine. Currently Senior Advisor to the Craniofacial Pain Headache and Sleep Center. He is a Diplomate of the American Board of Orofacial Pain, and American Board of Dental Sleep Medicine, Fellow of the International College of Dentists and Fellow of the Pierre Fauchard Academy. Author of numerous scientific articles and chapters in major textbooks on orofacial pain, Dr. Mehta has and continues to lecture nationally and internationally on his areas of interest including dental occlusion and bruxism research.

### Leopoldo P. Correa, BDS, MS

Dr. Correa is an Associate Professor, Division Head of Dental Sleep Medicine, and Director of Dental Sleep Medicine Fellowship Program at Tufts University School of Dental Medicine in Boston Massachusetts. He is diplomate of the American Board of Dental Sleep Medicine, received his Master Degree in orofacial pain and temporomandibular disorders at Tufts University. Dr. Correa has treated sleep apnea and TMD patients for over 10 years at Tufts University with his mentor Dr. Noshir R. Mehta. Dr. Correa developed and incorporated the teaching of Dental Sleep Medicine into the pre and postgraduate programs at Tufts University, and developed the recent fellowship in Dental Sleep Medicine resulting in Tufts becoming the first dental school in the U.S. incorporating this field into its curriculum.

### Jamison R. Spencer, DMD, MS

Dr. Spencer is a Diplomate of the American Board of Craniofacial Pain and the American Board of Dental Sleep Medicine. Dr. Spencer is past President of the AACP and an AACP Institute faculty member. He completed a 3-year distance learning MS degree program through Tufts University, where he is an adjunct assistant professor. He is also an adjunct professor at Boise State University, where he teaches head and neck anatomy. Dr. Spencer's private practice is limited to dental sleep medicine and craniofacial pain. Dr. Spencer lectures nationally and internationally on the topics of anatomy, craniofacial pain and dental sleep.

### Robert L. Talley, DDS

Dr. Talley manages a private practice that has been limited to conservative care through interdisciplinary management of patients with sleep disorders, TMD and craniofacial pain since 1983. Founding member and 2x past-president of the AACP; he is a Diplomate of the American Board of Dental Sleep Medicine, the American Board of Craniofacial Pain, and the American Board of Orofacial Pain. Author of the "Dental Sleep Medicine" chapter of Craniofacial Pain: A Handbook for Assessment, Diagnosis & Management and an AACP Institute faculty member, Dr. Talley is a graduate of the University of Missouri-Kansas City School of Dentistry (1971).

# Tufts University School of Dental Medicine and AACP are excited to announce the seventh offering of our extremely popular Dental Sleep Medicine Mini-Residency

This mini-residency is designed for the dentist just getting started in dental sleep medicine, as well as seasoned dental practitioners who are looking to increase their knowledge of sleep-related sciences, clinical application and practice management.

Tufts University and AACP started a collaboration several years ago to develop this Mini-Residency as we saw a need for a university-based program that emphasized the connection between Sleep Medicine, Dental Sleep Medicine, Craniofacial Pain and TMD. It is important for dentists already involved in Dental Sleep Medicine to understand, identify and manage craniofacial pain problems and TMD as they may arise during the management of sleep disorders with oral appliance therapy. Tufts University—AACP is unique in its approach aimed at recognizing connections

between these fields and teaching the student to recognize and avoid potential craniofacial pain/TMD problems in their sleep apnea patients.

Directed by Dr. Noshir Mehta, Dr. Robert Talley, Dr. Leopoldo Correa and Dr. Jamison Spencer, this Dental Sleep Medicine Mini-Residency includes over 60 hours of continuing education credits, including: lecture, hands-on workshops, distance learning modules and extensive literature reviews.

This Mini-Residency is divided into three modules, each consisting of three days of lectures and workshops. Each module is held at Tufts University School of Dental Medicine in Boston, MA, in their state-of-the-art educational facility. Between the modules students complete reading assignments, participate in distance lectures, and gain clinical experience.

## 2016-2017 Dental Sleep Medicine Mini-Residency

### Part I: Contact Information

NAME (FIRST/LAST/DESIGNATION)

NAME FOR BADGE

STREET ADDRESS

CITY/STATE/POSTAL CODE/COUNTRY

OFFICE PHONE

CELL PHONE

E-MAIL

### Part II: Payment Options *(select one)*

**Option A:** One-time payment of \$9,000 *(10% discount!)*

**Option B:** 3 equal installments of \$3,300 each

Installment 1 is due with registration | Installment 2 is due by **DEC 1, 2016** | Installment 3 is due by **MAR 1, 2017**

### Part III: Payment Method *(select one)*

**LIMITED ENROLLMENT:** Payment is required at the time of registration to reserve your space in this program.

**Check Enclosed:** payable to AACP *(in US dollars, drawn on a US bank)* \$ \_\_\_\_\_

**Please Charge:**  VISA  MasterCard \$ \_\_\_\_\_

CARD NO.

EXP DATE

ID NO. (last 3 digits on back of card)

SIGNATURE

*Refund requests (less 10% of TOTAL price of the program) may be submitted in writing or email at least 14 days prior to Module 1 start date and are contingent upon filling your space in the limited-enrollment course. Due to non-refundable commitments, we cannot offer refunds after this date.*

*Please initial below to confirm that you have read, understand, and agree to the AACP cancellation policy. Your registration will not be accepted WITHOUT this acknowledgement.*

X \_\_\_\_\_

## 4 Easy Ways to Register!

1. **Online** at [www.aacfp.org](http://www.aacfp.org)

2. **Fax** 703.435.4390

3. **Mail** this completed form with payment to:

**AACP Executive Office**  
12100 Sunset Hills Rd, Ste 130  
Reston, VA 20190

4. **Phone** (Toll-Free) 800.322.8651  
**OR** 703.234.4142



### American Academy of Craniofacial Pain

*Founded in 1985, the AACFP is one of the largest professional organizations in dentistry devoted exclusively to those interested in assessment, diagnosis and management of patients who suffer from craniofacial pain, temporomandibular disorders (TMD) and sleep disorders.*

**Tufts** University School of Dental Medicine

*Founded in 1868, Tufts University School of Dental Medicine in downtown Boston, MA, offers one of the most forward-looking educational environments in dental medicine in the country.*

*Committed to preparing dentists for the 21st century, this prestigious institution developed the first university-level Dental Sleep Medicine program in the United States.*



American Academy of Craniofacial Pain  
12100 Sunset Hills Road Suite 130  
Reston, VA 20190

**ADA CERP®**  
Continuing Education Recognition Program

AACP is an ADA CERP-Recognized Provider,  
January 1993 to December 2017.



ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

AGD Approved PACE Program Provider (#211843)  
FAGD/MAGD Credit June 1, 2011 to May 31, 2019

## Dental Sleep Medicine 2016-2017 Mini-Residency

*"The Dental Sleep Mini Residency at Tufts University has been a great opportunity to expand my orthodontic practice and treat my patients with a new diagnostic perspective.*

**Dr Hector Luis Rodriguez, Santo Domingo, Dominican Republic. Class 2015**

*"I can help to save lives"... this is the best way to describe how the Mini Residency has changed my private practice. I have created a new service called "SAHOS" (síndrome de apnea-hipoapnea obstructiva del sueño).*

*In my country there are thousands of patients with chronic diseases and I want to help the people around me to find the real cause of their illness that nobody has been able to solve until now; and I know that most of them are going to say: "this is the first time that I heard about Sleep Apnea".*

*All the knowledge that I have acquired in this mini residency is very complete and useful, the program is so comprehensive, interesting and updated; in a nutshell is excellent and I recommend it 100%.*

**Natalia Colorados, DDS, Medellín, Colombia. Class 2015**

*"The Tufts Dental Sleep Medicine Mini-Residency provides an interesting assortment of guest lecturers, including sleep medicine-focused dentists from North America and researchers and physicians from the Boston area. Also, the recommended reading provided more sleep medicine background. There were some "hands-on" time and always time for questions. The class location was delightful and meals were provided. And, Boston is a great city!"*

**Theresa Frank, D.D.S. Sunnyvale, California.**

## Continuing Education Credits

Approximately 60 CE hours are available  
(including Modules I-III and guided self-study)

## Refund Requests

Refund requests (less 10% of TOTAL price of the program) may be submitted in writing or email at least 14 days prior to Module 1 start date and are contingent upon filling your space in the limited-enrollment course. Due to non-refundable commitments, we cannot offer refunds after this date.

## Questions?

Visit [aacfp.org](http://aacfp.org) or call AACFP at 800.322.8651

## Program Location

Tufts University School of Dental Medicine  
One Kneeland Street | Boston, MA 02111

## Suggested Hotels

Doubletree Hotel Boston Downtown — 866.538.0317  
Courtyard Marriott Boston Tremont Hotel — 866.538.1370  
Radison Boston Hotel — 866.539.5091  
Boston Park Plaza Hotel & Towers — 866.225.2008

## HURRY...LIMITED ENROLLMENT

Registrations accepted on a first-come, first-served basis