Dental Sleep Medicine Mini-Residency

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

Tufts University
School of Dental Medicine
Boston, MA
Faculty Members & Guest Lecturers

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 a member of the executive board and research chair of the American Academy of Dental Sleep Medicine.

Orfeu M. Buxton, PhD
Dr. Buxton is an Assistant Professor at Harvard Medical School. Associate Neuroscientist at the Division of Sleep Medicine, Department of Medicine, Brigham and Women’s Hospital. He is also Chair of the Education Committee, Division of Sleep Medicine. His research interests include the causes of sleep deficiency, the workplace, home, and society; the health consequences of sleep deficiency; cardiovascular and metabolic outcomes, and the physiologic and social mechanisms by which these outcomes arise.

Carolyn M. D’Ambrosio, MD
Dr. D’Ambrosio is the Director of The Center for Sleep Medicine at Tufts Medical Center, Associate Professor of Medicine, Pulmonary, Critical Care and Sleep Medicine Division at Tufts University School of Medicine in Boston, MA. Board Certification(s) in Internal Medicine, Pulmonary Disease, Critical Care Medicine, and Sleep Medicine.

Georgios Kanavakis DDS, MS
Dr. Kanavakis is an Assistant Professor at the Department of Orthodontics, Tufts University, School of Dental Medicine in Boston, MA. He also completed his training in Temporomandibular Disorders and Orofacial Pain.

Alan A. Lowe, DMD, PhD
Dr. Lowe is Professor & Chair Division of Orthodontics at the University of British Columbia in Vancouver, BC, Canada. After completing a Diploma in Orthodontics in 1975 and a Ph.D. in 1976, 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.

George E. Maloney, DMD, MAC
Dr. Maloney is Professor & Head Physical Medicine Section at the Craniofacial Pain Center, Tufts University School of Dental Medicine in Boston, MA.

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 Diplomat of the American Board of Oral & Maxillofacial Surgery, the American Board of Dental Sleep Medicine, and the National Dental Board of Anesthesiology.

Allen J. Moses, DDS
Dr. Moses’ primary endeavor is the delivery of high-quality, comprehensive general dentistry. He has a special interest, expertise and board certification in the diagnosis and treatment of craniofacial pain and temporomandibular disorders, and has authored “A Clinician’s Guide to Temporomandibular Disorders.” He holds an appointment as an assistant professor at Rush University Medical School in the Department of Sleep Disorders, where he teaches and constructs oral appliances to treat sleep apnea and snoring.

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 Pro-Health 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 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.

Don A. Pantino, DDS, Diplomate, ABDSM
Dr. Pantino is an Adjunct Assistant Professor at the Division of Dental Sleep Medicine, Tufts University School of Dental Medicine in Boston, Massachusetts, and Associate Clinical Professor at the State University of New York at Stony Brook School of Dental Medicine. Dr. Pantino is nationally recognized for his expertise in the field of Dental Sleep Medicine and has appeared on TV, radio, and presented lectures to dentists, physicians and patient groups.

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 rhythogenesis, chemoreception, and pathophysiology of control of breathing.

Robert R. Rogers, III, DMD
Dr. Rogers is the Director of Clinical Services for Pittsburgh Sleep Care Center. 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 in 2001. He obtained Sleep Medicine Subspecialty certification in 2007.

Eugilis 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.

John W. Winkelman, MD, PhD
Dr. Winkelman is an Associate Professor of Psychiatry at Harvard Medical School. Dr. Winkelman received his PhD from Harvard University in Psychology and his M.D. from Harvard Medical School. He finished a residency in Psychiatry and a fellowship in Neurology (Sleep Disorders Medicine) at Massachusetts General Hospital.

Curriculum Developers & Faculty Members

Noshir R. Mehta, BDS, DMD, MDS, MS, Diplomate, ABDSM
Dr. Mehta is a Diplomate of the American Board of Craniofacial Pain and the American Board of Dental Sleep Medicine. He is currently President of the American Academy of Dental Sleep Medicine (ABDSM) at Massachusetts General Hospital.

Jamison R. Spencer, DMD, MS, Diplomate, ABDSM
Dr. Spencer is currently 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, Diplomate, ABDSM
Dr. Talley is a graduate of the University of Missouri-Kansas City School of Dentistry (1971).
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.

Join Us for this Comprehensive Program

Module I  |  October 17-19, 2013
Module II |  January 16-18, 2014
Module III |  April 10-12, 2014

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 80 CE hours (including on-site instruction plus guided self-study)

“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.

“Tufts Dental Sleep Medicine Mini-Residency has provided me with a comprehensive education to not only screen & identify patients on a daily basis who may benefit from oral appliance therapy but allows me to integrate a comprehensive Sleep Disorder program and offer alternatives to my patients who have failed traditional medical therapies. Because of this education, I even changed the name of my practice to Dental Transformations — so that I may be a part in helping people transform their smiles, their sleep, their health and their lives! I would highly recommend that every dental practitioner who wants to become an active solution to helping people understand the oral systemic connection to living healthier lives, attend the program and integrate what they learn into their practices.”

— Dental Transformations, Karen Wuertz, DDS Elizabeth City, NC
Tufts University School of Dental Medicine and AACP are excited to announce the third 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 three 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 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 80 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.

Learning Objectives for each Module Include:

Module I
October 17–19, 2013

— 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 16–18, 2014

— 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.

Module III
April 10–12, 2014

— 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 into their general dental practice, including working with sleep laboratories, and medico-legal issues related to dental sleep medicine practice.

“This course has been a revelation to me, revealing critical aspects of patient evaluation previously unknown (to me) that were absent in my dental school curriculum. I would highly recommend it for any practitioner in general principal. Those who treat TMD, and incorporate complex restorative and extensive cosmetic procedures into their practice will find this of particular benefit.

— Gary R Hubbard DDS, AAACD
4 Easy Ways to Register!

1 | **Online** at www.aacfp.org
2 | **Fax** 703. 435. 4390
3 | **Mail** Complete and mail this form with payment to:
   AACP Executive Office | 12100 Sunset Hills Road | Suite 130 | Reston, VA 20190
4 | **Phone** 800.322.8651 **toll-free** — OR 703. 234. 4142

**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 December 1, 2013
  - Installment 3 is due by March 1, 2014

**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)
  - AMOUNT $ __________

- **Please Charge**
  - **VISA**
  - **MasterCard**
  - AMOUNT $ __________

CARD NO. __________________ Exp Date __________ ID NO. (last 3 digits on back of card)

**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 __________
Continuing Education Credits
Approximately 80 CE hours are available (including Modules I–III and guided self-study)

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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 TuftsAACPsleepprogram.com or call AACP 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

Radisson Boston Hotel
866. 539. 5091

Courtyard Marriott Boston Tremont Hotel
866. 538. 1370

Boston Park Plaza Hotel & Towers
866. 225. 2008