

Dental Sleep Medicine Mini-Residency

2018



The University of Tennessee Health Science Center Dental Sleep Medicine Mini-Residency offers practicing dentists a comprehensive program, including hands-on clinical experience, in all aspects of Oral Appliance Therapy (OAT) to treat Obstructive Sleep Apnea (OSA) and Disruptive Snoring. The 3 session, 6 day program is ideal for those dentists just beginning in Dental Sleep Medicine (DSM) as well as those wanting to expand their knowledge and increase their experience in providing oral appliance therapy to more patients in their practice and communities.



THE UNIVERSITY OF
TENNESSEE
HEALTH SCIENCE CENTER.

COLLEGE OF DENTISTRY

48 hours of CEUs

The University of Tennessee's Dental Sleep Medicine Mini-Residency course meets the American Academy of Dental Sleep Medicine's (AADSM) continuing education criteria for the Qualified Dentist designation. Completion of the course may count toward fulfillment of the continuing education requirements for the designation. For more information regarding the AADSM Qualified Dentist designation, or to apply, visit aadsm.org/dentistqualified.aspx.

SESSION I

May 4-5, 2018

- Physiology of normal sleep
- Pathophysiology of abnormal sleep
- Classification of sleep disorders
- TMJ exam and upper airway evaluation
- Facial muscular problems/Internal derangements
- CBCT and its role in airway evaluation
- Dentistry's role in sleep medicine and identifying patients within your practice
- Understanding medical billing
- Understanding oral appliance therapy
- Clinical hands-on session - Performing and examination, proper impressions, records and bite registration

SESSION II

June 29-30, 2018

- Understanding the TMJ and its interrelationship with SDB
- Appliance selection Do's and Don'ts (Combination therapy)
- Treatment options for Obstructive Sleep Apnea (OSA)
- Process of appliance delivery and calibration of oral appliances
- Understanding treatment failures
- Discussion of student cases
- Managing the side effects of oral appliance therapy
- Understanding the role of the nasal airway
- Clinical hands-on session - Fitting and adjusting oral appliances, fabrication of AM aligners and temporary appliances

SESSION III

July 27-28, 2018

- Sleep bruxism, pain and sleep breathing interactions
- How to determine appliance therapy success
- TMJ splint therapy
- Adjunct therapy for pain management
- Long term follow-up
- Understanding the polysomnogram (PSG - overnight sleep study) and HSAT (Home sleep apnea test)
- Sleep apnea in children
- Role of the dental team in a dental sleep medicine practice
- Pediatric to Adolescent airway
- Clinical issues - small group interactions with faculty to discuss procedures and "practice pearls for the experts"
- Building relationships with the medical community and practice marketing

Each participant will have the opportunity to practice in the UTHSC College of Dentistry clinic, all of the skills necessary to go back into their own office and actually perform a high level of dental sleep medicine and oral appliance therapy. At the end of the second session, each participant will have three different appliances that they have had fabricated by special DSM labs from their own impressions and models that they can use as demonstration models during consultation appointments in their dental practice.

BONUS SESSION!

May 4-5, 2018

In conjunction with session I, there will be a coinciding 2 day staff session with Ms. Glennine Varga of DSM Boot Camp (dsmbootcamp.com). Each registered office can bring 2 staff members (suggested staff would include your primary chairside assistant and your office financial coordinator) for 2 full days with Glennine.

Glennine is one of the foremost authorities on working with staff to develop the business side of dental practices involved with dental sleep medicine.

She has 20 years of experience as a TMD/Sleep Apnea trainer and speaker with emphasis on medical billing and documentation. (See her CV at dsmbootcamp.com)

Learning Objectives

At the conclusion of this mini-residency each dentist participant will be able to:

- Develop a deeper understanding of the physiology of sleep and the pathophysiology of abnormal sleep.
- Develop a better understanding of the interrelationship between TMD, pain, bruxism and sleep.
- Learn how to get started screening, evaluating, referring and managing OSA patients.
- Develop the skills for proper examination techniques and bite registration principles.
- Obtain an unbiased review of many different oral appliances and learn how to select the best appliance for your patient.
- Practice all clinical aspects involved in oral appliance therapy.
- Gain experience using several different custom-fabricated oral appliances with hands-on examination, impression and bite registration, delivery and appliance fitting and adjustment clinical workshops.
- Confidently work with sleep physicians and sleep centers in their area.
- Select appropriate labs and develop protocols for selecting and modifying oral appliances that meet their specific needs.
- Understand how to incorporate dental sleep medicine into their general or specialty practice.
- How to best market their dental sleep medicine practice to physicians, other dental offices and other healthcare providers.

To register or if you have questions, call 901-448-5386 or go online at uthsc.edu/dentistry/CE

Tuition

ONE TIME PAYMENT \$ 6,595.00 per doctor (Save \$ 400) Includes all 3 Sessions

Two Payments \$ 3,497.50 with Registration
 \$ 3,497.50 at beginning of Session I

**Staff Mini-Residency
with Glennine Varga** \$ 500 per office (2 staff members)
(In conjunction with Session I - May 4-5, 2018)

**Alan O. Blanton, DDS, MS**

Dr. Blanton graduated from the University of Tennessee College of Dentistry in 1983 and began private practice in Collierville, Tennessee. He practiced general restorative dentistry for 34 years before joining the faculty at the University of Tennessee Health Science Center College of Dentistry in January of 2017. He currently is a full time associate professor and director of the Center for Dental Sleep Medicine and Orofacial Pain.

For the past eleven years Dr. Blanton has been treating patients diagnosed with Obstructive Sleep Apnea with Oral Appliance Therapy. He is a Diplomate with the American Board of Dental Sleep Medicine (ABDSM) and serves on the Board of Directors for the American Academy of Dental Sleep Medicine (AADSM). From 2014 - 2016 he served as the Chair of the Board Review Course for the AADSM and has also served as faculty for many of the AADSM courses. He was also chair of the Advanced Course of the AADSM in 2015.

In 2005, Dr. Blanton completed a Master degree in Counseling, Educational Psychology and Research at the University of Memphis. In 2010 he completed a mini-residency in TMD, Orofacial Pain and Sleep at the University of Kentucky under the direction of Dr. Jeff Okeson. He is currently a member of the American Dental Association, the Tennessee Dental Association, the Memphis Dental Society, the American Academy of Dental Sleep Medicine, the American Academy of Sleep Medicine and the American Academy of Orofacial Pain.

**Mayoor Patel DDS, MS**

Dr. Patel received his dental degree from the University of Tennessee in 1994. After graduation he completed a one-year residency in Advanced Education in General Dentistry (AEGD). In 2011 he completed a Masters in Science from Tufts University in the area of Craniofacial Pain and Dental Sleep Medicine. Dr. Patel has earned a Fellowship in the American Academy of Orofacial Pain, American Academy of Craniofacial Pain, the International College of Craniomandibular Orthopedics and the Academy of General Dentistry. He also became a Diplomate in the American Board of Dental Sleep Medicine, American Board of Orofacial Pain, American Board of Craniofacial Pain and American Board of Craniofacial Dental Sleep Medicine. Dr. Patel is the 2nd dentist that has fulfilled the necessary requirements and is a registered polysomnographic technologist.

Presently, Dr. Patel serves as a board member with American Academy of Craniofacial Pain and the British Society of Dental Sleep Medicine. He also has taken the role as examination chair for and American Board of Craniofacial Pain and as Director of Clinical Education for Nierman Practice Management. He served as the examination chair for the American Board of Craniofacial Dental Sleep Medicine, holds adjunct faculty with the Atlanta Sleep School, Tufts University and Augusta University. In the past he has served as a founding and board member of the Georgia Association of Sleep Professionals.

Since 2003, Dr. Patel has limited his practice to the treatment of TMJ Disorders, Headaches, Facial Pain and Sleep Apnea. Additional contributions have been published textbook chapters, consumer book on treatment options for sleep apnea and various professional and consumer articles.



Terry Bennett, DMD

Dr. Terry Bennett graduated from the University of Louisville School of Dentistry in 1977. Dr. Bennett has an extensive post-graduate education attaining Fellowship status with the International College of Craniomandibular Orthopedics and the American Academy of Craniofacial Pain. He also achieved Diplomate status in Craniofacial Pain with the American Board of Craniofacial Pain and the American Academy of Pain Management, Diplomate status with the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine.

In the past he served four years as Program Chairman for the American Academy of Craniofacial Pain, two years as President of the American Academy of Craniofacial Pain and is currently the Institute Director of Continuing Education for the American Academy of Craniofacial Pain

Dr. Bennett limited his practice in 1990 treating only patients with Temporomandibular Joint Dysfunction, Craniofacial Pain and Sleep Disordered Breathing problems.



Amado Freire, MD

Dr. Amado X. Freire is Professor and Chief of the Pulmonary Critical Care and Sleep Medicine Division at the University of Tennessee Health Science Center College of Medicine. He is Program Director of the University of Tennessee ACGME accredited Sleep Medicine Fellowship. He has a Master (MPH) from Johns Hopkins University and is Board Certified in Medicine, Pulmonary, Sleep and Neuro-Critical Care. He is a national and internationally recognized/invited lecturer for Sleep Disorders and has a Bibliography of more than 40 peer reviewed manuscripts (PubMed).



Nelly Huynh, PhD

Nelly Huynh received her PhD in biomedical sciences from the Université de Montréal after completing a thesis on sleep bruxism. This was followed by a postdoctoral fellowship on sleep apnea, pediatric sleep disorders and magnetic resonance imaging at Stanford University (California) as well as training in global health, epidemiology and research in international health at the World Health Organization (Geneva, Switzerland). She is currently an Associate Professor at the Faculty of Dental Medicine and at the CHU Sainte-Justine Research Center.

Dr. Huynh is Chair of the American Academy of Dental Sleep Medicine (AADSM) Research Committee whose mandate is to promote and advance research in dental sleep medicine. She is also a member and past Chair of the AADSM Annual Meeting Committee and sits on the editorial board for the Journal of Dental Sleep Medicine.



M. Boyd Gillespie, MD, MSc, FACS

M. Boyd Gillespie is Professor and Chair of Otolaryngology-Head & Neck Surgery at the University of Tennessee Health Science Center College of Medicine, Memphis. He is a graduate of Johns Hopkins University School of Medicine, where he completed his residency and fellowship, Dr. Gillespie earned a master's in Clinical Research from the MUSC Department of Biometry and Epidemiology. He is board certified in otolaryngology and sleep medicine. He was among the first U.S. surgeons to perform salivary endoscopy and has educated many of the surgeons in the U.S. who currently perform the technique. He has published over 120 academic papers including the New England Journal of Medicine study of hypoglossal nerve stimulation for sleep apnea.



Werner H. Shintaku, DDS, MS, MS, D.O.M.F.R.

Dr. Werner H. Shintaku is an Associate Professor and is the Director of Imaging Sciences of the University of Tennessee Health Science Center (UTHSC) College of Dentistry, Department of Diagnostic Sciences and Oral Medicine. Dr. Shintaku received his dental degree in 1998 and Master of Science (MS) degree in oral and maxillofacial radiology (OMFR) in 2004 from the University of Sao Paulo, School of Dentistry in Sao Paulo, Brazil. In 2009, he received a specialty degree in Oral Diagnosis from the Brazilian Dental Board. In 2004, he moved to the United States where he taught OMFR at the University of Southern California (USC), School of Dentistry in Los Angeles, California. In 2007, he joined the Oral and Maxillofacial Radiology graduate program of the University of Texas Health Science Center at San Antonio (UTHSCSA), Texas and received his certificate in 2009 and Doctor of Dental Surgery and Master of Science degrees in 2010.

Dr. Shintaku is the only Diplomate of the American Board of Oral and Maxillofacial Radiology affiliated to an educational institution in Tennessee. He has more than 20 years of experience in teaching and practicing OMFR. He has given several presentations and continuing education courses at national and international meetings and has published multiple articles in national and international peer-reviewed journals. Dr. Shintaku is the recipient of two awards given by the American Academy of Oral and Maxillofacial Radiology recognizing him as one of the best faculty/dental educators in OMFR.



Atia K. Jordan, MD

Dr. Atia K. Jordan grew up in Memphis, TN and graduated from Collierville High School in 2001. She attended Vanderbilt University in Nashville, TN where she received her undergraduate degree and continued her medical education at Vanderbilt University School of Medicine. After graduating from medical school in 2009, Dr. Jordan left Vanderbilt to attend residency at Cincinnati Children's Hospital. She subsequently returned to Vanderbilt to complete a Fellowship in Sleep Medicine and joined the faculty in 2014 working in the Division of Pulmonary Medicine as a Pediatric Sleep Medicine specialist. In addition to her clinical practice at Vanderbilt, she enjoyed working with medical students in various educational and mentoring capacities. A little love brought Dr. Jordan back to Memphis last year, as she moved back to the area and got married. She has joined the faculty at UTHSC/LeBonheur and currently works in the Division of Pulmonology and Sleep Medicine, practicing Pediatric Sleep Medicine. When not at work, Dr. Jordan enjoys spending time with her husband, family and friends, trying new restaurants and traveling.



Chase Bennett, DDS

Dr. Chase Bennett attended the University of Oklahoma Dental School, graduating with special distinction in 2011 while participating in the first ever Externship at the renowned Tufts Craniofacial Pain Clinic. He holds Diplomate status from the American Board of Craniofacial Pain and American Board of Craniofacial Pain-Craniofacial Dental Sleep Medicine. Dr. Bennett is the director of clinics in Denver, CO and San Diego, CA which solely treat Craniofacial Pain and Dental Sleep Medicine, along with treating patients in the United Arab Emirates. He is the lead clinical advisor for multiple Dental Sleep Appliances, lectures internationally and is a co-creator of Apnea & Breathing Clinics.



Mitchell Levine, DMD, MS

Dr. Mitchell Levine is board certified in both Orthodontics and Dental Sleep Medicine. A member of the board of directors of the American Academy of Dental Sleep Medicine, he is also an Associate Professor of Orthodontics at the University of Tennessee Health Science Center in Memphis and teaches concepts of sleep disordered breathing to graduate residents. He maintains a private practice in Jacksonville, Florida where he manages both children and adults with sleep disordered breathing and orthodontic concerns.



Glennine Varga, AAS, RDA, CTA

Glennine Varga has been employed in dental education for 20 years. She has been a TMD/Sleep Apnea trainer and speaker with emphasis on medical billing and documentation for over 15 years and has trained doctors and teams in the use of electro-diagnostic equipment for 5 years. Glennine is an expanded duties dental assistant certified in temporomandibular disorders (TMD) with the American Academy of Craniofacial Pain (AACCP). Glennine is a dental sleep medicine coach helping dentists integrate airway friendly services for all ages. She is a visiting faculty member of The Pankey Institute, American Dental Association (ADA), Academy of General Dentistry (AGD) and Spear Education's Dental Sleep Medicine courses. Glennine is a Total Team Trainer for Arrowhead Dental Lab and works with the education department of The Healthy Start Program of Ortho-Tain® Lab.

Glennine is currently owner and CEO of Dental Sleep Medicine (DSM) Boot Camp. She is working with dentists and teams to educate patients on the importance of airway health and the value of airway treatments. She has trained and assisted hundreds of dental offices on practice management, TMD/Sleep Apnea concepts, and medical billing. Glennine has been published by Aesthetic Dentistry and is a columnist for the quarterly publication Dental Sleep Practice (DSP) magazine and has presented with over 40 different dental educational entities.



Two-Day Staff Mini-Residency Program with Glennie Varga | May 4-5, 2018

This is a fantastic opportunity to have your staff educated and trained by one of the best Dental Sleep Medicine educators in the world!

Glennine Varga has been employed in dental education for 20 years. She has been a TMD/Sleep Apnea trainer and speaker with emphasis on medical billing and documentation for over 15 years.

Tuition: \$500 per office (2 staff members)

This opportunity is available to all offices whose doctor(s) are registered for the University of Tennessee Health Science Center College of Dentistry Dental Sleep Medicine Mini-Residency.

DAY 1

May 4, 2018

- Introduction to Sleep and Sleep Breathing
- Dental Perspective and Treatment
- Integrating Healthy Airway Practices
- Patient Screening

DAY 2

May 5, 2018

- Physician Relations
- Financial Discussions
- Understanding Medical Billing – Doctors and Staff
- Internal and External Marketing
- Medical Claims- Hands On

Learning Objectives:

- Learn why sleep breathing is vital to overall health and wellness
- Integrate healthy airway practices to maximize efficiency
- Understand all the ways TEAM can promote sleep breathing therapy
- Simplify financial discussions with proper patient expectations
- Create TEAM systems for details of providing this new service
- Engage the medical community as part of the treatment team
- Understand Medicare choices for offering sleep breathing disorders treatment
- Master the CMS-1500 medical claim form for Dental Sleep Medicine

The University of Tennessee Health Science Center College of Dentistry is an ADA CERP Recognized Provider. 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. The current term of approval extends from November 2015 to December 2019.

The formal continuing education programs of The University of Tennessee Health Science Center College of Dentistry are accepted by AGD for Fellowship/Mastership credit. The current term of acceptance extends from 11/01/2015 through 12/31/2019. Provider ID# 146050