



# INTERNATIONAL DENTAL SLEEP SYMPOSIUM

September 20-22 / 2024  
LOS CABOS · MEXICO

*Presented by:*



**OROFACIAL SLEEP**  
CONSORTIUM  
GLOBAL

The **International Dental Sleep Symposium** in Los Cabos, Mexico, is a specialized event that brings together dental professionals, sleep specialists, and industry experts to explore the latest advancements and interdisciplinary approaches in the field of dental sleep medicine.

This symposium aims to bridge the gap between dentistry and sleep health, focusing on the diagnosis, treatment, and management of adult and pediatric sleep-related disorders with a multidisciplinary perspective.



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11 CONTINUING EDUCATION CREDITS





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## Learning objectives

- Understand the latest techniques and tools for diagnosing various sleep disorders.
- Learn about common sleep disorders in children and their impact on health and development.
- Gain knowledge of the principles and practices of oral myofunctional therapy.
- Examine the relationship between CPAP therapy and cardiovascular health outcomes.
- Identify and apply appropriate treatment modalities for managing sleep bruxism.
- Recognize the link between sleep disorders and temporomandibular disorders.
- Develop strategies for the assessment and management of TMD and associated orofacial pain in sleep disorder patients.
- Explore the bidirectional relationship between sleep disturbances and chronic pain.
- Implement therapeutic approaches to address sleep-related pain conditions.
- Understand the legal considerations and regulations relevant to the practice of dental sleep medicine.

### TEACHING METHODS:

Lectures and group interaction with onsite speakers.



### TARGET AUDIENCE:

Dentists, Dental Hygienists, Dental Assistants, allied professionals.





# Speakers



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## Leopoldo P. Correa, BDS, MS

Incorporated the teaching of Dental Sleep Medicine into Tufts University School of Dental Medicine undergraduate and graduate programs, and developed several international continuing education courses.

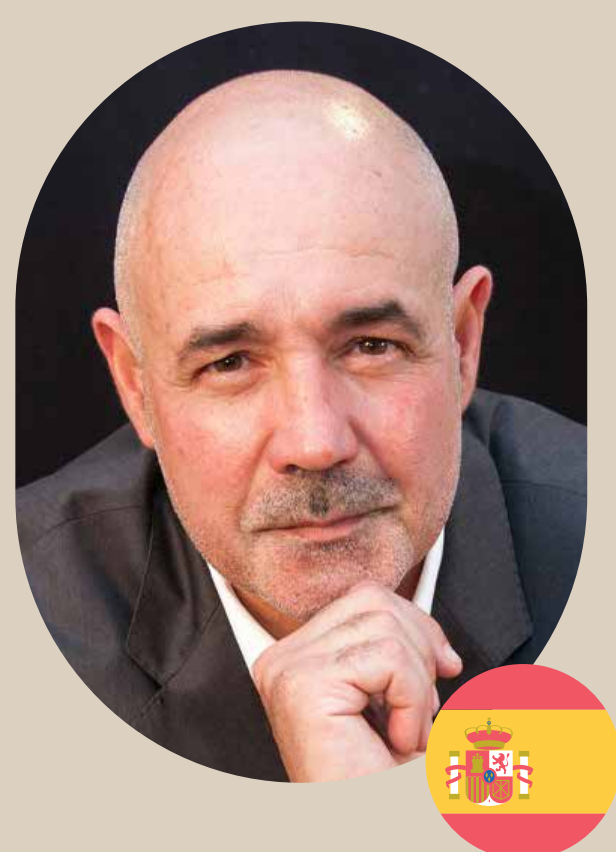
[See summarized CV](#)



## Rochelle McPherson, OM

Stands at the forefront of Orofacial Myology in Australia, recognized as a distinguished practitioner in the field. Rochelle employs a distinctive and holistic approach to patient care through her Sydney based orofacial myology practice

[See summarized CV](#)



## Antonio Romero, DDS, PhD

University of Valencia. 1997.  
Postgraduate Degree in Statistics Analysis applied to Health and Life Sciences. 1996.  
Master of Science in Pain Management.  
Universidad Europea Miguel de Cervantes and Spanish Pain Society 2017

[See summarized CV](#)



## Jayme R. Matchinsk, JD

Draws on her extensive experience in health and corporate law to help health care companies handle the complex regulatory and operational issues unique to the industry. Jayme assists health care providers with reimbursement, licensure, and certification issues.

[See summarized CV](#)



## Noshir R. Mehta, DMD, MS

Professor Emeritus, senior advisor to the Craniofacial Pain, Headache and Sleep Center, and former dean of global relations, at Tufts University School of Dental Medicine (TUSDM).

[See summarized CV](#)



## Noah S. Siegel, MD

Board Certified in both Sleep Medicine and Otolaryngology Head and Neck Surgery. Dr. Siegel serves as the Director of Sleep Medicine and Surgery at Massachusetts Eye and Ear, Harvard Medical School.

[See summarized CV](#)





## Umakanth Katwa, MD

Pediatric pulmonologist and pediatric sleep specialist, and Director of Sleep Center at Boston Children's Hospital and faculty at Harvard Medical School in Boston. He did his fellowship training in pediatric pulmonary and sleep medicine at the Harvard University in Boston.

[See summarized CV](#)



## John Remmers, MD

Leads the research, design and development of innovative sleep products used in the diagnoses and treatment of obstructive sleep apnea. He is a recognized physiologist, pioneer and innovator in sleep medicine.

[See summarized CV](#)



### EDUCATIONAL SESSIONS

Engage with in-depth educational sessions covering topics such as sleep apnea, oral appliances, airway management, oral myofunctional therapy and the impact of dental interventions on sleep quality.



### NETWORKING OPPORTUNITIES

Connect with professionals from diverse backgrounds, fostering collaboration and knowledge exchange to improve patient care and outcomes.



### INNOVATIVE TECHNOLOGIES

Explore the latest advancements in dental technologies and tools designed to aid in the diagnosis and treatment of sleep-related issues.



### EXPERT SPEAKERS

Learn from leading experts and practitioners who share their insights, research findings, and clinical experiences, and overview of international aspects in the realm of sleep medicine.



### CASE STUDIES

Gain valuable insights through the presentation of real-world case studies, illustrating successful approaches to addressing sleep disorders through dental interventions.

# Academic Program

Day

**1** Friday, September 20

**5:00 PM - 5:30 PM: Registration and Welcome**

**5:30 PM - 6:15 PM:**

## The evolving field of Sleep Medicine

• **Noah Siegel, MD**

- Multidisciplinary approaches to diagnosing and treating sleep disorders
- Development of new therapeutic devices and interventions
- Innovations in sleep monitoring devices and wearables



**6:15 PM - 7:00 PM:**

## Pathophysiology and phenotyping of sleep apnea

• **John Remmers, MD**

- Anatomical and physiological factors contributing to sleep apnea
- Upper airway anatomy and collapse mechanisms
- Clinical phenotypes of obstructive sleep apnea (OSA)



**7:00 PM - 7:45 PM:**

## Dental sleep medicine: Past, present and future

• **Leopoldo Correa, BDS, MS**

- Historical development of dental sleep medicine
- Contemporary treatment modalities
- Integration of dental sleep medicine into multidisciplinary care



**7:45 PM - 8:00 PM: Group Discussion**

**8:00 PM - 10:00 PM**



Cocktail reception

Day

**2** Saturday, September 21

**8:30 AM - 9:00 AM: Coffee / Networking**

**9:00 AM - 9:45 AM:**

## Diagnosis and management of sleep disorders

• **Noah Siegel, MD**

- Advanced diagnostic tools and techniques
- Polysomnography interpretation
- Home sleep testing (HST) vs. in-lab sleep studies





**9:45 AM - 10:30 AM:**

## **Pediatric Sleep Medicine**

▪ **Umakanth Katwa, MD**

- Identifying sleep disorders in children
- Impact of sleep disorders on child development
- Treatment protocols for pediatric obstructive sleep apnea (OSA)



**10:30 AM - 10:45 AM: Coffee Break**

**10:45 AM - 11:30 AM:**

## **Oral myofunctional Therapy**

▪ **Rochelle McPherson, OM**

- Basics of oral myofunctional therapy (OMT)
- Techniques and exercises for OMT
- Role of OMT in treating sleep apnea



**11:30 AM - 12:00 PM: Panel Discussion**

**12:00 PM - 2:00 PM: Lunch and networking**

**2:00 PM - 2:45 PM:**

## **CPAP and cardiovascular disease treatment outcomes (current evidence)**

▪ **John Remmers, MD**

- Mechanisms linking sleep apnea and cardiovascular diseases
- Alternative therapies for patients intolerant to CPAP
- Long-term outcomes of CPAP therapy on cardiovascular health

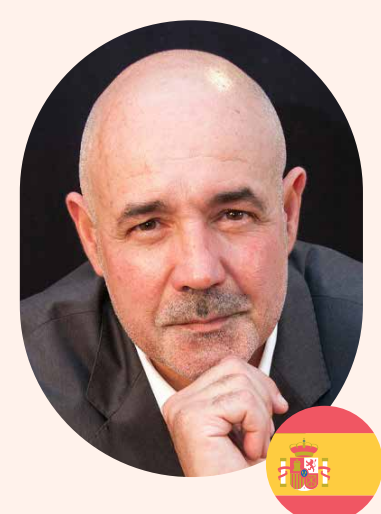


**2:45 PM - 3:30 PM:**

## **Sleep bruxism diagnosis and management**

▪ **Antonio Romero, DDS, PhD**

- Pathophysiology of sleep bruxism
- Diagnostic criteria and tools for sleep bruxism
- Relationship between sleep bruxism and other sleep disorders



**3:30 PM - 3:45 PM: Coffee Break**

**3:45 PM - 4:30 PM:**

## **Clinical cases based learning**

▪ **Leopoldo Correa, BDS, MS**

- Mandibular advancement therapy for severe OSA
- Combination therapy
- TMD and Sleep



**4:30 PM - 5:00 PM Panel Discussion**

**8:00 PM - 10:00 PM**



**Group Dinner**

Day

3

**Sunday, September 22**

**8:30 AM - 9:00 AM: Coffee / Networking**

**9:00 AM - 9:45 AM:**

## **Temporomandibular disorders and orofacial pain**

▪ **Noshir R. Mehta, DMD, MS**

- Diagnosis and classification of temporomandibular disorders (TMD)
- Relationship between TMD and sleep disorders
- Management strategies for TMD-related pain

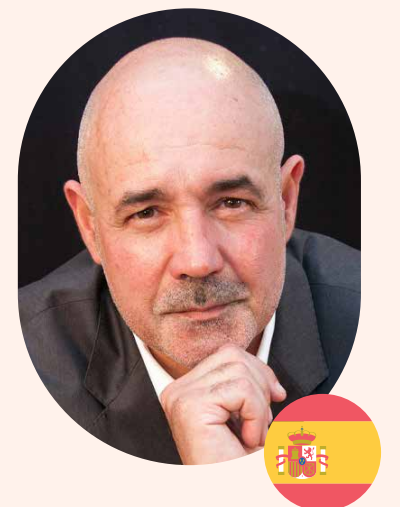


**9:45 AM - 10:30 AM:**

## **Sleep and Pain**

▪ **Antonio Romero, DDS, PhD**

- Mechanisms linking sleep disturbances and chronic pain
- Impact of sleep disorders on pain perception
- Treatment strategies for managing pain in sleep disorder patients



**10:30 AM - 10:45 AM: Coffee Break**

**10:45 AM - 11:30 AM:**

## **Legal aspects of the practice of dental sleep medicine**

▪ **Jayne Matchinski, JD**

- Legal responsibilities and liabilities in dental sleep medicine
- Regulatory guidelines and compliance
- Ethical considerations in treatment and diagnosis



**11:30 AM - 12:00 PM:**

- **Panel Discussion**
- **Upcoming learning opportunities**
- **Group picture**

**12:00 PM - 2:00 PM**



**Networking lunch and fun afternoon**





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Symposium  
Tuition Fee: **\$1,400.00**

Reduced tuition  
fee until August 15: **\$1,200.00**

Venue



HYATT ZIVA™  
LOS CABOS

## Information and Contact

 [symposium@orofacialsleepglobal.com](mailto:symposium@orofacialsleepglobal.com)

 [www.orofacialsleepglobal.com](http://www.orofacialsleepglobal.com)

 [\(+1\) 617-800-5395](tel:+16178005395)

## Refund and Cancellation policies

- 60 days before the event: Full refund of the registration fee.
- Less than 30 days before the event: The registration can be transferred to another person for the same event, or the registration can be transferred to another program organized by Orofacial Sleep Consortium - Global LLC of equal cost; if the price is higher, the difference will be charged.

All refund requests will be processed within 30 days and must be received in writing at: [office@orofacialsleepglobal.com](mailto:office@orofacialsleepglobal.com)

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