



West Michigan District Dental Society

Presents

THE TMD/SLEEP CONNECTION: UNRAVELING THE MYSTERY AND SAVING YOUR PATIENTS' LIVES



Presented by Jamison Spencer, DDS | Friday, October 1, 2010
Frederik Meijer Gardens & Sculpture Park | 8:00am to 4:00pm | 7 CEU's

TMJ disorders and craniofacial pain problems have always been a challenging area for most dental practitioners. There are many theories, a lot of art, and a little science. In the end, dealing with these types of problems can be frustrating for both the dentist and the patient.

Obstructive sleep apnea and other sleep disorders are now being diagnosed at an extremely high rate. It's not that these problems weren't there before; it's just that we didn't recognize them or have a way to easily diagnose them.

New research is showing significant connections between sleep disordered breathing and bruxism. Sleep disorders and the fragmentation of sleep also inhibits proper healing of tissues and may result in pain. In children, upper airway issues may contribute to ADHD and enuresis as well as improper arch form development and malocclusion. Dentists are positioned to help significantly in the screening and treatment of upper airway problems – quite literally having the opportunity to save their patients' lives.

More and more it is becoming evident that sleep disorders and TMD/craniofacial pain problems are often interrelated. Understanding this interrelationship helps us to know how to screen our patients for problems and, when indicated, treat them. To understand several TMD and craniofacial pain issues one must understand sleep. To properly treat snoring and obstructive sleep apnea, one must understand TMD and craniofacial pain issues.

At the conclusion of the seminar you will have a straightforward screening and diagnosis system for common TMD issues, an overview of normal sleep and sleep disorders, and an understanding of the dentist's role in screening and treating sleep apnea. This seminar will also provide an overview of various oral appliances used in the treatment of snoring and obstructive sleep apnea.

For additional information and registration, call Elaine Fleming at 616.234.5605.



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