13th Annual Robert J. Feigal Symposium: Out-of-the-box Thinking in Pediatric Dentistry
Friday, September 20, 2019

Continuing Education & Conference Center • St. Paul Campus

8:00  Final registration and assembly. Continental breakfast.

8:25  Welcome

8:30  Advanced Analgesia in Pediatric Dentistry: From Myths, Stefan Friedrichsdorf, MD
      Magic and Morphine to Multimodal Modalities
      Current research on pain management among pediatric patients
      Benefits of mind-body pediatric care, including imagery, hypnosis,
      biofeedback, yoga, music, virtual reality and aromatherapy
      The importance of nitrous oxide in pediatric dentistry

10:00 Refreshment break

10:15  Oral HPV Infections and the Role of the Pediatric Dental Professional
       Alessandro Villa, DDS, PhD, MPH
       Data detailing HPV-related cancer, vaccines and risk factors
       A matter-of-fact approach to discussing HPV prevention with
       patients and families
       HPV’s connection to oropharyngeal cancers
       The responsibilities of dental providers in relation to HPV and risk
       reduction
       • Provider education: signs and symptoms
       • Patient education: prevention and vaccination
       • HPV vaccination

11:45 Luncheon

12:30  A Review of Pediatric Obstructive Sleep Apnea (POSA) and the Role of the Dentist
       Jacy Stauffer, DMD
       Identify and screen patients for POSA and refer these patients to
       medical colleagues
       Medical and dental modalities of treatment and potential
       comorbidities/syndromes associated with POSA
       The multidisciplinary POSA care team—collaboration among medical
       and dental professionals

2:00  Refreshment break
2:15  Mindfulness: Addressing the Reality of Clinical Burnout, Anxiety and Depression  Roberto Benzo, MD

The impact of burnout, anxiety and depression among clinicians
Mayo’s Mindful Breathing Laboratory: benefits of mindfulness and participatory health
Effective conditions that may inspire behavior change and influence your physical and mental health outcomes

3:45  Adjourn

Meet Our Experts

Roberto Benzo, MD, is an Associate Professor at Mayo Medical School and the founding Director of the Mindful Breathing Laboratory. Dr. Benzo completed his Master of Science in Epidemiology at Harvard, his medical degree at the Universidad Nacional de Rosario in Argentina, and fellowships and residency programs at the Medical University of South Carolina and West Virginia University. His primary research focuses on a participatory model of care where providers and patients become self aware of their behavior, ultimately impacting health outcomes. Current projects include cell phone-based monitoring and motivational interviewing, mindfulness-based interventions and device-guided slow breathing techniques.

Stefan Friedrichsdorf, MD, is the Medical Director of the Department of Pain Medicine, Palliative Care and Integrative Medicine at Children’s Hospitals and Clinics in Minneapolis and St. Paul, Minnesota. Dr. Friedrichsdorf received his MD from the Medical University of Lübeck, Germany, completed his pediatric residency at the University of Witten/Herdecke, Germany, and undertook his fellowship in Pediatric Pain and Palliative Care at the University of Sydney, Australia. He is board certified in pediatrics, a Fellow of the American Academy of Pediatrics and trained in hypnosis. Dr. Friedrichsdorf has presented more than 700 lectures about pediatric pain medicine and palliative care in 27 countries on all six continents and has a track record of research and publications in the field, including contributions to more than 20 books.

Jacy Stauffer, DMD, is an Attending Pediatric Dentist with San Ysidro Health in San Diego, California, where she serves as a full-time Attending with the pediatric dental residency partnership with NYU Lagone Dental Medicine. She completed her dental degree at the University of Louisville School of Dentistry, her general practice residency at Rhode Island Hospital and her pediatric residency at Lutheran Medical Center in New York. She is a Diplomate of the American Board of Pediatric Dentistry and a Fellow of the American Academy of Pediatric Dentistry. Her clinical interests, research and presentations focus on pediatric obstructive sleep apnea, dental/medical management of pediatric patients with special health care needs and hospital-based pediatric dentistry.
Alessandro Villa, DDS, PhD, MPH, is an Associate Surgeon at Brigham and Women's Hospital and Dana-Farber Cancer Institute. He also holds an appointment as an Assistant Professor in Oral Medicine at Harvard School of Dental Medicine where he serves as Program Director for the Oral Medicine Residency Program. His clinical and research interests include the treatment of oral mucosal diseases, salivary gland disorders, potentially malignant disorders of the oral cavity and oral toxicities from cancer treatment.

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