Taking Sleep Apnea Beyond Oral Appliances: Seminar
Friday, March 9, 2018

Continuing Education & Conference Center • St. Paul Campus

8:00  Final registration and assembly. Continental breakfast

8:25  Welcome

8:30  Sleep Breathing Disorders from a Physician’s Perspective           Dr. Charlene McEvoy
       Analyze sleep apnea
       Discuss the physician’s perspective: who is NOT a good candidate for an oral
       appliance?
       Compare benefits of sleep studies: in-lab versus home sleep studies
       Read and interpret sleep studies before and after treatment

10:00  Refreshment break

10:15  Sleep Bruxism: Current Concepts in Etiology and Management      Dr. Vladimir Leon
       Describe the classical and current concepts of sleep bruxism
       Examine the etiology, mechanism, and prevalence of sleep bruxism in
       children
       Discuss the role of sleep bruxism in sleep apnea
       Analyze possible treatment options of sleep bruxism for patients with sleep
       apnea
       Review the side effects of intraoral appliances used for sleep apnea and sleep
       bruxism

11:45  Luncheon

12:30  Management of Obstructive Sleep Apnea with Oral
       Appliances          Dr. Mariona Mulet Pradera
       Define the role of the dentist during the initial visit: treat versus refer
       Develop bite registration strategies: how early do you start treatment?
       Determine which oral appliance to choose
       Analyze the risk of patients who have TMD
       Select treatment protocol: how fast do you titrate?
       Discuss anticipated side effects
       Develop retest strategies: knowing when and why

2:30  Refreshment break
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2:45 Surgical Management of Obstructive Sleep Apnea  Dr. Robert Nadeau
- Review and describe mechanical and anatomical factors
- Discuss common and new surgical procedures
- Analyze proper patient selection, indications and contraindications, complications and expected outcomes of varied procedures

3:45 Adjourn

Meet Our Experts

Vladimir Leon-Salazar, DDS, MSD, Diplomate of the American Board of Orthodontics. Dr. Leon-Salazar started his education in dentistry at Inca Garcilaso de La Vega University in Peru before receiving his Master of Science in Orthodontics from the University of Sao Paulo in Brazil. He went on to earn Advanced certificates in both Orthodontics and TMD and Orofacial Pain from the University of Minnesota. Before turning his attention to private practice, he served as the Director of Orthodontic Training at the University of Minnesota’s Advanced Education program.

Charlene McEvoy, MD, is a pulmonologist providing care in St. Paul and is affiliated with multiple hospitals in the area including Hudson Hospital and Clinics and Regions Hospital. She received her medical degree from University of Minnesota Medical School and has been in practice for 29 years.

Mariona Mulet Pradera, DDS, MS, Associate Program Director, Graduate Program in TMD and Orofacial Pain, Department of Diagnostic and Biological Sciences, University of Minnesota School of Dentistry. Dr. Mulet maintains a clinical practice with HealthPartners focusing on temporomandibular disorders, orofacial pain, oral medicine, and dental sleep medicine. She is a Diplomate of the American Board of Orofacial Pain and the American Board of Dental Sleep Medicine. This course is under the direction of Dr. Mulet Pradera.

Robert Nadeau, DMD, MD, Clinical Associate Professor and Clinical Director, Division of Oral and Maxillofacial Surgery, Department of Diagnostic and Biological Sciences, University of Minnesota School of Dentistry. He completed his undergraduate and dental education at the University of Minnesota and his Graduate Training Program in Oral and Maxillofacial Surgery and medical degree at the University of Missouri, Kansas City. Dr. Nadeau received his certification from the American Board of Oral and Maxillofacial Surgery in 2015.
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