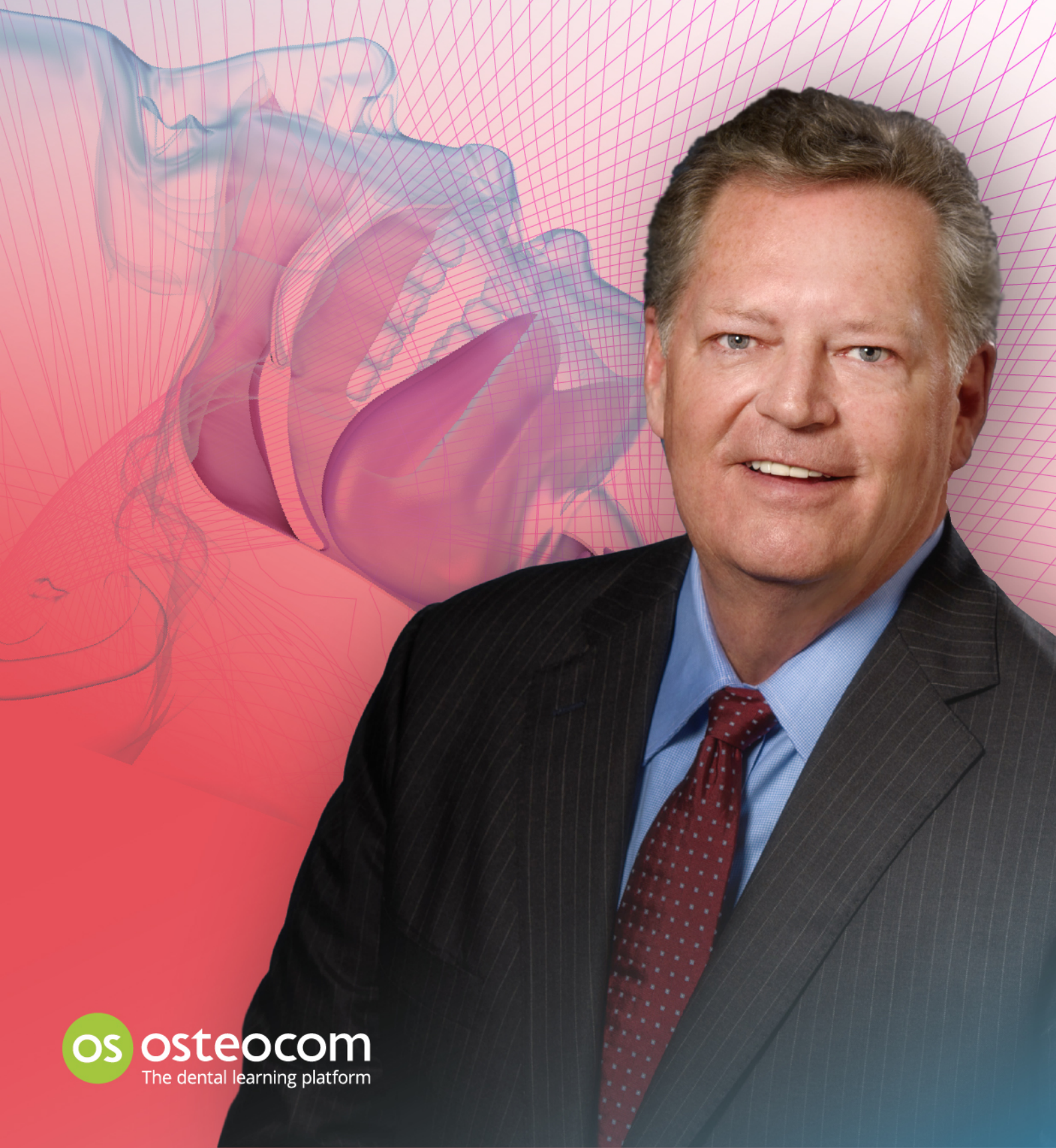
TREATMENT OF **SLEEP-RELATED BREATHING DISORDERS**

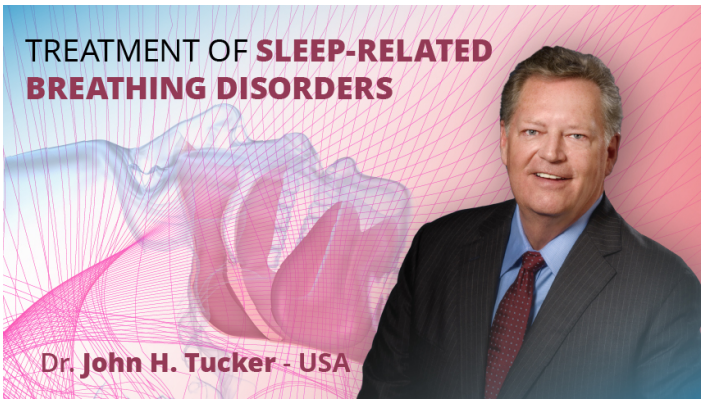
Dr. **John H. Tucker** - USA



osteocom
The dental learning platform

Treatment of Sleep-Related Breathing Disorders in the Dental Practice

Dr John H. Tucker - USA



LEVELS

Difficulty ●●

Theory ●●●●

Practice ●●

KEY INFO

English

On Demand

General & Sleep Dentistry

7h 00m

9 Theoretical lessons

Surgery No

No credits

SUMMARY

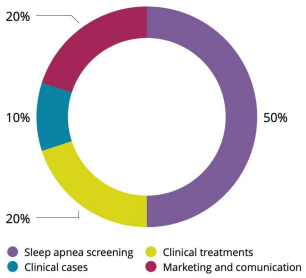
Topic:

How to screen and identify patients at risk of Obstructive Sleep Apnea (OSA), offering a well-tolerated therapy.

Objectives:

- Screening for OSA in the Dental Practice
- Treating PAP-intolerant OSA patients with Oral Appliance Therapy
- Taking the proper bite
- Communicating with physicians
- Handling patient objections
- Marketing your dental sleep practice
- Building your dental sleep team for success

SKILLS YOU WILL LEARN



About the author:

Dr John Tucker DMD, DICOI, DABDSM has presented approximately 1,700 hours of continuing education on treating PAP-intolerant patients with Oral Appliance Therapy over the past six years and was named one of the Best Sleep Doctors (2012-13) by the Sleep Review Journals for Sleep Specialists. He is:
Diplomate American Board of Dental Sleep Medicine
Diplomate International Congress od Oral Implantologist
Adjunct Associate Professor at the University of Pittsburgh School of Dental Medicine

Thanks to this course you will be able to learn more about:

- The **art of screening** possibile OSA patients and how to **build a relationship** with sleep specialists
- How you and your team can have a positive role in **assisting patients** with a **better quality of life**!
- How to **manage OSA** with a focus on use of **mandibular advancement devices** in its treatment
- How to **market this new side of your job** and build your dental sleep team successfully

Who the course is addressed for:
Any oral health specialist who wishes to get a **deeper understanding** of the many facets of **Sleep dentistry**, in terms of diagnosis and latest treatment strategies.

OK, but how does it work?
The **7-hour video course** is recorded and divided into **9 theoretical lectures** that you can watch by accessing your course area from any device

Contents list

Video #1 - **Basics of Sleep**

- Learn the **sleep community proper terminology** that will allow you to communicate directly to sleep disease diagnostic specialists such as physicians.
- Discover how to **increase patients' quality of life** by taking care of their snoring
- Understand the key role of dentists in **detecting patients** affected by sleep apnea
- Start looking beyond teeth and **focusing on the oral cavity**
- **What is sleep**: SAS diagnostic tests, sleep active ingredients, effects of sleep deprivation.

Video #2 - **Comorbidities of Obstructive Sleep Apnea**

- Presentation of **some definitions**, useful **criteria** and **index** : Apnea, Hypopnea, RERAs, AHI, RDI, CPAP machine.
- Explanation and analysis of the most common **OSA comorbidities** such as obesity, diabetes, coronary disease, stroke, cardiovascular disorders, behavior problems
- An innovative point of view: the **relation between OSA and cancer**
- The relation between sleep disorders, **age**, **weight**, and **gender**
- Discussion on the **impact of the nasal breathing** on sleep quality.

Video #3 - **Anatomy of the Upper Airway**

- An **anatomy overview**: presentation of the upper airway and its section and its pharyngeal dilator muscle
- **Explaining the tongue** and the surprising fact that we only see a small part of it
- **Fat tongue** and its relationship with OSA.

Video #4 - **Screening for Sleep Related Breathing Disorders**

- View of **different videos of sleep apnea** with a focus on the **paradoxical breathing** and the physiological response of the patient's body
- Sleep apnea **symptoms** and the relation between severe OSA and **severe tooth wear**
- Presentation of **PSG**: the diagnostic device that **specialists** use in their **labs**
- Presentation of **HST** (Home Sleep Testing), a class of devices available for **private people** for **domestic OSA diagnosis**.

Video #5 - **The Role of 3D Imaging**

- A very short video focused on the presentation of the 3D scan-technique, **CBCT.**
- A brief explanation of the **differences** between a **2D scan** and a **3D scan**.
- **Pros&Cons** : Can CBCT change my diagnosis? No. **Can CBCT change my treatment?** Yes, because you can see if there's some dentistry to do!

Video #6 - **Treatment options**

- Some **tips to track** Sleep Related Breathing Disorders; the Stop Bang, Mallampatti system, BMI, ESS.
- Learn to pay attention to some clinical signs in order to **detect SRBD on time**
- **Non-surgical treatment of OSA**: CPAP (Pros&Cons)
- **Surgical treatment of OSA**: Tracheostomy, somnoplasty, UPPP, MMA
- How to manage **medical billing** regarding of OSA treatment.

Video #7 - **Treatment of Sleep Related Breathing Disorders with Oral Appliance Therapy**

We have a **dental solution** for a **medical disease** and this means that the dentist has to speak frequently with the physician and a strong work relationship with him is needed.

- How oral appliances work; **what's the goal of OAT**?
- **Side effects** of oral appliance therapy
- There are **over 190 cleared designs**; How can we choose a successful appliance for a specific patient?
- Comparison between OAT and **surgery/ non-surgery techniques** like CPAP.

Video #8 - **Bite registration and treatment of oral appliance**

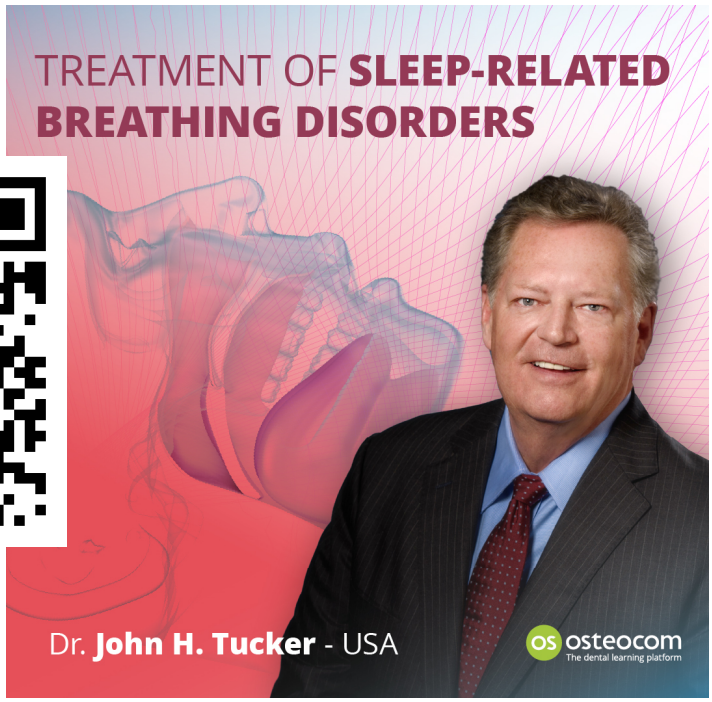
- Presentation of a **clinical video** of a bite registration using **Airway Metrics System** and "**Mute**" nose dilator
- How to find out the proper **vertical and horizontal position** for a patient's bite to mitigate his snoring.
- How to **calibrate the oral appliances** (mandibular and tongue position)
- **Complications** and side effects: OAT can impact the oral structures; what could you do to prevent this?
- **Treatment protocol** for pre-diagnosed patients (**appointment by appointment**).

Video #9 - **How to start your sleep dentistry practice - marketing advices**

Dentistry is changing and it's time to bring an **evolution on your practices.**
In this video you'll learn the importance of teaching the patients how to connect their oral health to their overall health.
This is the **key of contemporary dentistry** for Dr. Tucker

- **Discover how to market** the fact you're treating sleep related breathing disorders patients successfully.
- Some **tips to start** your sleep practice; focus on the importance of having relationships with sleep labs and physicians.
- Learn how to **organize your sleep dentistry team** in order to start working on this new business.

Scan the code
to see the
course page



Dr. John H. Tucker

John H. Tucker has maintained a private practice in Erie, Pennsylvania since 1982. He is a graduate of the University of Pittsburgh School of Dental Medicine. Dr. Tucker has a special interest in the treatment of Obstructive Sleep Apnea. As a diplomate of The **American Board of Dental Sleep Medicine**, he is exceptionally qualified to manage this serious problem with Oral Appliance Therapy. Dr. Tucker was named one of the **Best Sleep Doctors in 2012 & 2013** by the Sleep Review Journals for Sleep Specialists. He has been actively treating patients in the Tri-State Erie area for the past ten years. Dr. Tucker works directly with sleep physicians and sleep centers to ensure that his patients receive the most positive treatment outcome possible. He founded Erie Dental Sleep Therapy, LLC in 2007. Erie Dental Sleep Therapy, LLC became the eighth AADSM Accredited facility in June of 2012. Erie Dental Sleep Therapy, LLC was also named one of the Best Sleep Facilities in 2012 by the Sleep Review Journals for Sleep Specialists.

Dr. Tucker is passionate about educating the dental profession in treatment of the PAP intolerant Obstructive Sleep Apnea patient. He has presented approximately **1700 hours of continuing education** on treating the PAP intolerant patient with Oral Appliance Therapy nationally and internationally over the past six years. Dr. Tucker has also published numerous articles regarding Oral Appliance Therapy for OSA patients that are unable to tolerate PAP therapy.


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