

The Airway Symposium



The symposium will cover all aspects of controversial discussion as it relates to the current research across multiple disciplines. Treatment options will be presented, as well as research from infancy to adulthood for sleep-disordered breathing and obstructive sleep apnea. Each day has its own theme and will have a Q&A component with a moderator to encourage fulsome discussion.

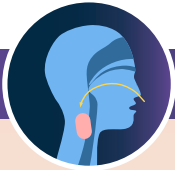
We have curated various experts across multiple specialties to share their views and treatments of sleep-disordered breathing and obstructive sleep apnea in the following areas:

- Pediatrics
- Orthodontics
- Myofunctional therapy
- Sleep neurology
- Sleep medicine and oral appliances
- Oral surgery

	THURSDAY, APRIL 18	FRIDAY, APRIL 19
MORNING	<p>Point/Counterpoint</p> <p>Dr. Alison Sigal, B. Kin Hons, DDS, MSc, FRCD(C) <i>Evidenced-based Support for the Treatment of Tethered Oral Tissues in Pediatrics (For)</i></p> <p>Dr. David Rothman, DDS, DABPD, FAAPD, FACD, FICD <i>The Mystique of the Tongue Tie (Against)</i></p>	<p>When Enough is No Longer Enough Myofunctional Therapy and Pediatric Intervention</p> <p>Fabiola Nossa, BSc., MLT, COMT/MFT <i>Mouth Breathing and Oral Dysfunction Treatment with Myofunctional Therapy</i></p> <p>Dr. Arina Bingeliene, MD, FRCPC <i>Obstructive Sleep Apnea for Pediatric Patients</i></p>
AFTERNOON	<p>Orthodontics — Early Palatal Expansion</p> <p>Dr. German Ramirez-Yañez, DDS, MDS, PhD <i>Guiding Craniofacial Growth and Development Through the Mouth to Give Better Airway</i></p> <p>Dr. Benjamin Pliska, DDS, MS, FRCD(C) <i>Early Expansion for OSA — Skating on Thin Ice!</i></p>	<p>Sleep Appliances and Adult Surgical Intervention</p> <p>Dr. Fernanda Almeida, DDS <i>Disease-Specific Therapies for OSA: Continuous Positive Airway Pressure (CPAP) and Mandibular Advancement Splints (MAS)</i></p> <p>Dr. Stephen Ho, DDS, MSc, FRCD(C) <i>Surgical Treatment Options in the Adolescent and Adult Patient with OSA</i></p>

PLEASE SEE PAGES 40-41 AND 68-69 FOR THE DETAILS ON THESE COURSES.

Dr. Melissa Milligan will be the Moderator for the Airway Symposium. She is also one of the organizers.



Airway Symposium: Current Viewpoints and Controversies Across Multiple Disciplines

DAY 1 (AM): PEDIATRICS – TETHERED ORAL TISSUES POINT/COUNTERPOINT



Alison Sigal, B.Hons. Kin, DDS, MSc, FRCD(C)

Pediatrics – Tethered Oral Tissues (For)

Optimized craniofacial growth and respiratory function depends on proper tongue and lip function. Tethered oral tissues that impede normal growth and function can give rise to feeding difficulties, sub-optimal growth, palatal collapse, mouth breathing with sleep-disordered breathing and associated behavioural challenges. Etiology, diagnosis, and multidisciplinary management of tethered oral tissues in children of all ages will be presented based on current literature and a comprehensive clinical database, with a focus on both short – and long-term outcomes.

Learning Objectives:

- Identify the essential components of baby's head and neck anatomy for optimized growth, development and function
- Identify the signs and symptoms of a tongue tie (restricted lingual frenum) to be aware of throughout pediatrics, and how they can negatively impact the way we live, eat, breathe, and sleep
- Appreciate the impact following tongue-tie treatment in pediatrics as it relates to the individual's quality of life

David Rothman, DDS, DABPD, FAAPD, FACD, FICD



The Mystique of the Tongue Tie (Against)

As health care providers in an integrative team of dentists, physicians, nurses, speech therapists and lactation counsellors, the importance of airway, breathing and feeding in the development of the oral cavity and craniofacial structures in newborns is of our concern. The rapid rise of the controversial frenectomy/frenuloplasty procedure to promote infant feeding is “tethered” to procedures performed over the millennia and appears in many social media blogs. What exactly is the practitioner trying to achieve? What are the long-term effects to growth and development? What is the safety of the procedure? Research doesn't always keep up with the way that we may perform, and without the necessary and strict scientific procedures and controls, are the procedures valid? Do we know if the procedures are necessary or even detrimental to our young, developing patients? Do they benefit the nursing mom? Case reviews make up a large portion of the literature on the validation of the need for and the procedures done to release the tethered tongue. By performing procedures because of poorly validated visual scales and subjective reports and not utilizing functional studies, are we performing unnecessary and questionably safe and potentially painful procedures?

Learning Objectives:

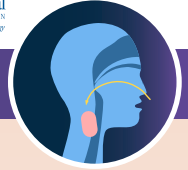
- Define “frenectomy”, “frenotomy” and “frenuloplasty,” and evaluate existing literature using published standards to support or not support the chosen procedure
- Outline the indications for releasing a tethered tongue
- Discuss safety and pain perception in newborns during invasive procedures

Course Code:	T-11FL
Time:	9:30 am - 12:00 pm
Type:	Lecture
Audience:	Dentist; Dental Hygienist; Dental Assistant; Office Personnel; Dental Technologist; Denturist
RCDSO QA Program:	Category 2 (3 CE Credits)
Fee:	Ticketed Free

Dr. Alison Sigal established Little Bird Pediatric Dentistry to provide comprehensive airway-centric oral care to children from birth and persons with special needs of all ages. She has additional training in orofacial myofunctional therapy, frenum assessment and Butyko breathing. Comprehensive assessment and treatment protocols to optimize children's growth, development and function were established based on anatomy and physiology; striving to become the new standard in pediatric oral health care.

Dr. David L. Rothman received his BA cum laude from the State University of New York at Buffalo and his DDS from New York University College of Dentistry. Following a general practice residency at Albert Einstein Medical Center in Philadelphia and an anesthesiology residency at the Medical College of Pennsylvania, he completed his pediatric dentistry residency at Children's Hospital in Oakland and the University of California, San Francisco (UCSF). He remained at UCSF to become the Director of the Pediatric Dentistry Residency program and in 1989 assumed the Chair of the Department of Pediatric Dentistry at the University of the Pacific School of Dentistry.

Thursday Courses



Airway Symposium: Current Viewpoints and Controversies Across Multiple Disciplines

DAY 1 (PM): ORTHODONTICS – EARLY PALATIAL EXPANSION



German Ramirez-Yañez, DDS, MDS, PhD

Guiding Craniofacial Growth and Development Through the Mouth to Give a Better Airway

As it is known today, sleep and breathing disorders may be associated to deviations in the craniofacial growth and development. In this course, Dr. Ramirez will present insights of craniofacial growth and development to intercept developing malocclusions in children at a very early age. He will also put in context how developing a correct structure of the mouth gives the basis for producing a better airway. Therefore, Dr. Ramirez course will give you the basis to understand how a deviation in craniofacial growth may impact the airway in children, as well as to envision the importance of a myofunctional approach when intercepting a developing malocclusion at an early age, which may be associated with a sleep and breathing disorder.

Learning Objectives:

- To envision the association between malocclusions and sleep and breathing disorders in children
- To understand the physiopathology of mouth breathing and its consequences
- To comprehend how a myofunctional approach may benefit children with sleep and breathing disorders



Benjamin Pliska, DDS, MS, FRCD(C)

Early Expansion for OSA – Skating on Thin Ice!

Obstructive sleep apnea (OSA) is a relatively common disorder with significant negative health effects in the developing child. Recent evidence has emerged highlighting the complex etiology of the problem which has moved beyond simply blaming morphologic deficiency. This presentation will discuss the latest literature in relation to the actual prevalence and contribution of maxillary constriction in pediatric OSA, while critically evaluating available data on maxillary expansion treatment outcomes in OSA management.

Learning Objectives:

- Define the non-anatomical endotypes of obstructive sleep apnea
- Discuss the prevalence of maxillary constriction in pediatric OSA population
- Describe the weak evidence for maxillary expansion as a routine treatment of OSA in children

Course Code:

T-12FL

Time:

2:00 - 4:30 pm

Type:

Lecture

Audience:

Dentist; Dental Hygienist; Dental Assistant; Office Personnel; Dental Technologist; Denturist

RCDSO QA Program:

Category 2 (3 CE Credits)

Fee:

Ticketed Free

Dr. German Ramirez-Yañez obtained his DDS degree from the Javeriana University in Colombia. He completed a Pediatric Dentistry Diploma in Mexico and trained in orthodontics in Brazil. He completed a master of dental sciences and a PhD in oral biology in Australia. He also holds a master's degree focusing in craniofacial pain and sleep apnea from Tufts University, United States. Dr. Ramirez-Yañez has been an academic in the United States and Canada. Dr. Ramirez-Yañez is an Invited Professor at the School of Dentistry in Loma Linda University in the Orthodontics and Pediatric dentistry programs.

Dr. Benjamin Pliska is a graduate of UWO School of Dentistry and completed his graduate orthodontic training at the University of Minnesota. He is an Associate Professor of the UBC Faculty of Dentistry, an orthodontic consultant at B.C. Children's Hospital and maintains a private practice in Vancouver as a certified specialist in orthodontics. Dr. Pliska's research interests include craniofacial imaging and sleep medicine.





Airway Symposium: Current Viewpoints and Controversies Across Multiple Disciplines

DAY 2 (AM): WHEN ENOUGH IS NO LONGER ENOUGH MYFUNCTIONAL THERAPY AND PEDIATRIC INTERVENTION



Fabiola Nossa, BSc., MLT, COMT/MFT

Mouth Breathing and Oral Dysfunction Treatment With Myofunctional Therapy

In this course, Ms. Nossa will explain the myofunctional approach to evaluating and correcting oral dysfunctions such as mouth breathing. She will explain the importance of nasal breathing in growing children and the importance of helping retrain nasal breathing using the correct breathing muscles. Ms. Nossa will focus on integrating myofunctional therapy in myofunctional orthodontic treatments to help children retrain ideal breathing patterns that promote and improve facial growth and development.

Learning Objectives:

- Understand the role of myofunctional therapy in retraining the breathing habits in children to develop the correct habits
- Recognize the breathing dysfunctions that can modify the orofacial growth and development in children
- Understand how to integrate myofunctional therapy in a myofunctional orthodontics practice to prevent relapse



Arina Bingeliene MD, FRCPC(C)

Obstructive Sleep Apnea (OSA) Management for Pediatric Patients

Obstructive sleep apnea (OSA) in pediatric population is an underdiagnosed and potentially serious sleep disorder that is characterized by the occurrence of intermittent breathing cessation in sleep. It has multiple negative implications for physical and mental health. Short term, it can cause onset of non-restorative sleep, maintenance insomnia, and frequent nightmares. It can contribute to parasomnia, nocturnal enuresis, and overweight problem. In a long run it can result in delayed growth, emotional dysregulation, behavioral problems, and developmental disabilities such as ADHD and difficulty learning at school. OSA symptoms, diagnostic procedures and treatment options will be reviewed in this talk.

Learning Objectives:

- The review of clinical features of OSA in pediatric population
- Diagnostic options for OSA in children
- OSA treatment options review for pediatric patients

Course Code:	F-07FL
Time:	9:30 am - 12:00 pm
Type:	Lecture
Audience:	Dentist; Dental Hygienist; Dental Assistant; Office Personnel; Dental Technologist; Denturist
RCDSO QA Program:	Category 2 (3 CE Credits)
Fee:	Ticketed Free

Fabiola Nossa has more than 25 years' experience in health care, Fabiola is a dedicated orofacial myology specialist. Her journey began in 2012, training at the IAOM and after at the Coulson Institute in the United States. Ms. Nossa expanded her expertise in body posture improvement at the Gokhale Institute and the Buteyko breathing method with Patrick McKeown. She earned orofacial myologist specialist certification from the Graduate School of Behavioral Health Sciences, focusing on integrating orofacial myofunctional therapy into dental clinics for children's craniofacial growth and oral dysfunctions correction.

Dr. Arina Bingeliene is an Adult Neurologist and Sleep Specialist, with an interest in the overlap between Neurology and Sleep Disorders. She received her medical degree from Riga Stradins University in Latvia. She completed Adult Neurology residency program, including two years of training in Pediatric Neurology in her alma mater before moving to Canada. She previously did Clinical and Research work at the Sleep and Mood Disorders Research at the Sleep and Alertness Clinic, Toronto. She then completed a 3-year Neuropsychiatry and Sleep Fellowship program at Toronto Western Hospital, followed by the completion of a 5-year Adult Neurology residency training program, at the University of Toronto. She has extensive experience in Sleep Medicine, looking after pediatric and adult population patients.

Friday Courses



Airway Symposium: Current Viewpoints and Controversies Across Multiple Disciplines

DAY 2 (PM): WHEN ENOUGH IS NO LONGER ENOUGH SLEEP APPLIANCES AND ADULT SURGICAL INTERVENTION



Fernanda Almeida, DDS

Disease-Specific Therapies for OSA Are Continuous Positive Airway Pressure (CPAP) and Mandibular-Advancement-Splints (MAS)

Understanding patient objective adherence, treatment efficacy and personal preferences can provide vital information to clinicians that will assist them in choosing the right treatment for their patients.

Learning Objectives:

- To understand what sleep-disordered breathing is and when to treat it
- To explore new models of collaborative care between dentists and sleep specialists in the management of their OSA patients.
- The role of combination therapy and patient centered outcomes



Stephen Ho, DDS, MSc, FRCD(C)

Surgical Treatment Options in the Adolescent and Adult Patient with OSA

The expression of OSA in patients can result in jaw/neck/TMJ pain and mood disorders in addition to the cardiorespiratory consequences of nonrestorative sleep. The role of strategic surgical techniques and their selection in the framework of the progressive ossification of the skeletal structures through adolescence and into adulthood will be discussed. This will encompass DISE, MARPE, SARPE, skeletal anchorage plates, DOME and MMA in combination with advanced 3D imaging and PSG, as well as home-based sleep testing.

Learning Objectives:

- Define the non-anatomical endotypes of obstructive sleep apnea
- Discuss the prevalence of maxillary constriction in pediatric OSA population
- Describe the weak evidence for maxillary expansion as a routine treatment of OSA in children

Course Code:	F-08FL
Time:	2:00 – 4:30 pm
Type:	Lecture
Audience:	Dentist; Dental Hygienist; Dental Assistant; Office Personnel; Dental Technologist; Denturist
RCDSO QA Program:	Category 2 (3 CE Credits)
Fee:	Ticketed Free

Dr. Fernanda Almeida is a Professor at the Faculty of Dentistry, University of British Columbia, whose research is focused on dental sleep medicine. As a recognition of her work in the field of Dental sleep medicine, she was the recipient of the Pierre Robin Award from the American Academy of Dental Sleep Medicine (2011) for significant, original and sustained contributions evidenced by publications, academic appointments and other efforts. Dr Almeida has treated sleep apnea patients for more than 20 years and has been heavily involved in dental sleep medicine research, with more than 100 articles published by 2022.

Dr. Stephen Ho is passionate about the progression of 3D imaging, PSG, home sleep testing and the advancement of surgical techniques to magnify the impact that dental treatments can make on the pediatric, adolescent, and adult patient with OSA. He is owner and Director of Treatment at the Sleep and Alertness Clinic, a sleep lab training sleep physician. He is also the founder and leader of the Airway ENT and Oral Surgery Clinic, which is a fully integrated practice with adult and pediatric sleep medicine, myofunctional therapy, ENT, audiology, maxillofacial surgery, TMJ physiotherapy and neurology in North York.

