

A Blue Ocean Dental Sleep Medicine

Kelvin, Chuan-Hee CHEY
CEO, Asia Pacific Dental Holdings
Group Clinical Director, Asia Pacific Dental Centres



Sleep Medicine has evolved rapidly in the last 50 years as a multidisciplinary field, encompassing the specialties of Dentistry, Neurology, Otorhinolaryngology, Paediatrics, Psychiatry, Psychology and Pulmonary Medicine. Oral appliance therapy (OAT) has been used to manage sleep-related breathing disorders (SRBD) for more than 20 years. However dental sleep medicine standards of clinical practice has not been well defined. SRBD prevalence rates have escalated to double digits in many countries/regions, presenting an increased need for dentists to be proficient in dental sleep medicine. An increasing number of dentists screen for and help treat obstructive sleep apnea (OSA), research-based learning must guide contemporary dental sleep medicine practice

parameters. Dentists must understand the evidence-based medicine behind OSA and OAT in order to provide optimal patient care in this evolving field with a growing body of information that continue to challenge previously accepted concepts.

The lecture presentation will cover the following:

- Overview of Dental Sleep Medicine and the role of the Dental Practitioner
- Discussion of the various treatment modalities in the management of OSA
- Clinical Practical Guidelines and Protocols for the Treatment of OSA and Snoring with OAT
- Ten Misconceptions on the Treatment of OSA