



Friday, June 21, 2024

8:00 am-8:30 am	Breakfast and Registration
8:30 am-9:30 am	<p style="text-align: center;">“Breathe Well, Sleep Better: The Vital Connection” With Dr. Kathleen Carson, DDS-1.0 CEU PACE Category: Differential/Diagnosis</p> <p>Course Overview: Introduction to healthy breathing, healthy sleep, and how we as dentists can improve both, and so much more, by addressing sleep breathing disorders.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Understand what is healthy breathing, day and night & how to recognize if there could be a problem. • Understand what is healthy sleep, what are sleep breathing disorders, and the dental team's role in treatment. • Recognize signs of airway disorders and gain skills for comfortably engaging patients regarding their signs and symptoms. • Identify how to enhance patient exams and diagnostics, leading to additional treatment possibilities, increased revenue and better outcomes.
9:30 am-9:45 am	Morning Break
9:45 am- 11:15 am	<p style="text-align: center;">“Creating Pivotal Moments for Your Patients” With Dr. Kallie Hale, DDS-1.5 CEU PACE Category: Informed Consent</p> <p>Course Overview: Dr. Kalli Hale will be lecturing on the keys to success she has built for airway treatments in her offices, how her critical patient conversations differ from others and the treatment planning protocols she has perfected across their organization. This presentation is meant to motivate dentists to not only start more cases but build an office culture that empowers her team to work together and perfect the patient experience. She will take a dive into her screening processes, office systems, and the importance of having the “right” conversations with patients prior to starting treatment.</p>

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	<p>Course Objectives:</p> <ul style="list-style-type: none"> • How to Talk to Your Adult & Pediatric Patients about SDB/OS <ul style="list-style-type: none"> ○ Develop effective communication strategies for discussing sleep-disordered breathing and obstructive sleep apnea with patients of all ages. ○ Tailor communication approaches to address the unique needs and concerns of adult and pediatric patients. • Blasting the Barriers and Gap between Dental and Chiropractic Practices: <ul style="list-style-type: none"> ○ Identify common barriers and challenges in integrating airway treatments into dental and chiropractic practices. ○ Empower yourself to overcome obstacles and give yourself permission to pursue innovative treatment approaches. • How to Discuss Various OSA Treatment Options: <ul style="list-style-type: none"> ○ Familiarize participants with a range of obstructive sleep apnea treatment options, including oral appliances, CPAP therapy, and surgical interventions. ○ Develop skills in educating patients about the benefits and limitations of different treatment modalities. ○ How to discuss patient’s sleep and different treatment options available taking a multidisciplinary approach with other healthcare professionals, such as chiropractors, ENTs, myofunctional therapists and more. • Having the 'Right' Conversations with Your Patients about Treatment Protocols: <ul style="list-style-type: none"> ○ Understand the importance of effective patient communication in treatment acceptance and adherence. ○ Learn how to initiate and navigate discussions about airway treatments with patients, addressing concerns and setting realistic expectations. • Case Presentations: <ul style="list-style-type: none"> ○ Analyze real-life case studies to illustrate successful treatment planning and implementation in airway-focused dentistry. ○ Gain insights into best practices and clinical decision-making processes through case-based learning. ○ Case presentations - how to look at the body as a whole. Craniofacial deficiencies, posture, CBCTs/X-rays, and other dental indications.
<p>11:15 am-12:15 pm</p>	<p>“Optimizing Health Through Breath: Buteyko Techniques in Dentistry and Medicine”</p>

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	<p style="text-align: center;">With Dr. Rebekah Ehde, DDS-1.0 CEU PACE Category: Technique</p> <p>Course Overview: In addressing sleep and breathing disorders, not only must we look at the size of the airway but we must also consider the rate at which air travels through that airway. Increased air velocity leads to higher resistance, contributing to sleep disorders. Buteyko breathing techniques focus on improving disordered breathing, enhancing the efficiency of the breathing pattern. This, in turn, has the potential to positively impact sleep, anxiety, and various other health issues.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Identify Dysfunctional Breathing Patterns in Your Patient Population. • Practice Buteyko Breathing Techniques including Slow Controlled Breathing and Breath-Hold Techniques • Investigate the Broader Health Benefits, such as Stress Reduction, Improved Sleep, and Enhanced Mental Clarity.
<p>12:15 pm-1:00 pm</p>	<p style="text-align: center;">Lunch</p>
<p>1:00 pm-2:00 pm</p>	<p style="text-align: center;">“Sleep Disorders in Women” With Dr. Manisha Witmans, MD-1.0 CEU PACE Category: Biomechanics</p> <p>Course Overview: The objective of this course is to provide an understanding of common sleep disorders in women, including their causes, symptoms, diagnosis, and treatment options. By the end of this course, participants will be able to recognize and differentiate between various sleep disorders in women and understand the implications of these disorders on overall health and well-being.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Discuss common sleep disorders in women including insomnia, obstructive sleep apnea, upper airway resistance syndrome, restless legs syndrome, and narcolepsy • Discuss the impact of sleep disorders on women's health



	<ul style="list-style-type: none"> • Discuss preventative strategies to improve sleep and sleep quality in women
2:00 pm-2:15 pm	Afternoon Break
2:15 pm-3:15 pm	<p style="text-align: center;">“Nutrition – Vitamins, Minerals and Sleep” With Dr. Amy Dayries, DMD, FAIHM-1.0 CEU PACE Category: Wellness/Supportive Care</p> <p>Course Overview: Poor sleep is a contributor to chronic disease. Our physician counterparts’ main solutions for sleep are either CPAP or surgery. Since only about 35% of patients prescribed a CPAP can tolerate using it regularly and many patients do not want surgery, dentists are in a wonderful position to rescue patients who sleep poorly. In this course, learn what current medical research supports so the dental team can build into their practice model a number of unique packages for the patient to improve sleep. In this course, the attendee will learn how to use treatment combinations including OTC herbal remedies/ vitamin supplements that can effect wonderful changes in a patient’s sleep quality and duration. This course is designed for all practices interested in treating most levels of sleep issues.</p> <p>Course Objectives</p> <ul style="list-style-type: none"> • Understand which vitamins and supplements directly affect sleep. • Learn which herbal remedies and vitamins your patient might choose as a sleep aide and which gene SNP’s and lifestyle choices can heavily influence the success of your treatment.
3:15 pm-4:15 pm	<p style="text-align: center;">“How I Found My Why? My Journey to Treating Sleep Disorder Breathing” With Dr. Brenda Donato, DDS-1.0 CEU PACE Category: History/Exam</p> <p>Course Overview:</p> <ul style="list-style-type: none"> • Introduction: <ul style="list-style-type: none"> ○ "Healthy airway development and quality sleep in children are the foundation for their overall well-being and future potential. By prioritizing their airway health and sleep, we empower children to breathe freely, dream deeply, and thrive in all aspects of their lives." Start with a compelling

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quote or statement about the importance of children's airway development and sleep health.

- **Background:**
 - Provide a brief overview of the prevalence and impact of sleep disorder breathing in children.
 - Highlight the potential long-term consequences if left untreated.
- **Personal Journey:**
 - Share my personal story of how I became interested in this field.
 - Discuss any personal experiences or encounters that fueled my passion for helping children with their airway development and sleep health.
 - Emphasize how these experiences shaped my "why."
- **The Importance of Early Intervention:**
 - Explain the critical role of early intervention in preventing long-term complications.
 - Discuss the impact of proper airway development on a child's overall health, growth, and cognitive function.
 - Highlight the link between sleep disorder breathing and behavioral issues, poor academic performance, and other developmental challenges.
- **Research and Evidence:**
 - Present compelling research findings that support the significance of treating children's airway development and sleep disorder breathing.
 - Include statistics, studies, and expert opinions to validate the importance of your work.
- **Treatment Approaches:**
 - Introduce various treatment approaches and techniques used to enhance children's airway development and address sleep disorder breathing.
 - Discuss the benefits and potential outcomes of each approach.
 - Mention any innovative or specialized techniques you employ in your practice.
- **Success Stories:**

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	<ul style="list-style-type: none"> ○ Share success stories of children who have benefited from treatments. ○ Include before-and-after photos or testimonials from grateful parents. ○ Highlight the positive impact interventions have made on children's lives. ● Collaboration and Holistic Care: <ul style="list-style-type: none"> ○ Emphasize the importance of a multidisciplinary approach to treating children's airway development and sleep disorder breathing. ○ Discuss the collaborations I have established with other healthcare professionals, such as pediatricians, ENT specialists, and speech therapists. ○ Highlight the significance of providing holistic care and addressing the root causes of sleep disorder breathing. ● Educational Outreach: <ul style="list-style-type: none"> ○ Discuss efforts in raising awareness about children's airway development and sleep health. ○ Mention any community programs, workshops, or seminars I have organized or participated in. ○ Highlight the impact of educating parents, caregivers, and other healthcare professionals on the importance of early intervention.
<p>4:15 pm-5:30 pm</p>	<p style="text-align: center;">“Champion for Women’s Health” With Dr. Paul Nguyen-1.25 CEU PACE Category: Evidence-Based Outcomes</p> <p>Course Outline:</p> <ul style="list-style-type: none"> ● Understanding the critical relationship between Gender Disparities and Cardiovascular diseases: <ul style="list-style-type: none"> ○ Why is “Heart Failure” a National Healthcare Epidemic ○ Pathophysiology of a Heart Attack vs. Cardiac Arrest ○ The relationship between atrial fibrillation and OSA. ● Understanding Pathophysiological Consequences of OSA and progression of Heart Failure. ● OSA is the true “silent killer” amongst women



	<ul style="list-style-type: none"> • “Bridging the Gap” by Assimilating Cardiovascular Knowledge into Dental Sleep Medicine to save lives.
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Saturday, June 22, 2024

8:00 am-8:30 am	Breakfast
8:30 am-9:30 am	<p>“Ahead of the Curve: Nurturing Children’s Airway Health Through Early Action”</p> <p>With Dr. Kassi Klein-1.0 CEU PACE Category: Pediatrics</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Understanding the impact of airway health on pediatric development: Explore how airway issues in children can affect their overall health, growth, and development, emphasizing the importance of early intervention. • Identifying early signs and symptoms of pediatric airway issues: enable participants to recognize the signs and symptoms indicative of potential airway issues in children, empowering them to identify cases that may require early intervention. • Exploring proactive measures and treatment options: discuss proactive measures and treatment interventions available for addressing pediatric airway issues, focusing on early intervention strategies to prevent complications and promote healthy development. • Educating caregivers and healthcare providers: provide practical knowledge and tools for educating parents, caregivers, and healthcare professionals about the significance of early intervention in addressing pediatric airway issues, emphasizing the importance of timely action. • Advocating for early intervention and collaborative care: Highlight the importance of collaborative efforts between dental professionals, pediatricians, and caregivers in advocating for and implementing early intervention strategies for pediatric airway health, stressing the impact of a multidisciplinary approach.



<p>9:30 am-10:30 am</p>	<p style="text-align: center;">“Our Children are Modern Day Canaries” With Dr. Deborah Bain, MD-1.0 CEU PACE Category: Pathology</p> <p>Course Outline:</p> <ul style="list-style-type: none"> • Statistics on chronic illnesses in children • Cycle of Illness • 7Rs of healing • Functional medicine toolbox • Case studies
<p>10:30 am-10:45 am</p>	<p style="text-align: center;">Morning Break</p>
<p>10:45 am-11:45 am</p>	<p style="text-align: center;">“Infant, Children and Tongue Ties - Your Impacts on Airway Health” With Dr. Tammerie Heit-1.0 CEU PACE Category:</p> <p>Course Overview: In this course we will focus on understanding the anatomy and biomechanics of the cranial, cervical, and oral regions, as well as the musculoskeletal implications of frenectomy procedures vs leaving the tongue tied. This course would provide health care providers with the knowledge and to assess and collaborate on frenectomy cases within an interdisciplinary healthcare context while giving their patients informed consent.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Review oral cavity structures, including frenums • Understand the biomechanics of muscular and fascial connections involved in oral function and craniofacial movement • Understand the impact of frenectomy on oral and craniofacial development and subsequent biomechanics • Assessment of oral function and mobility with implications of tongue tie • Communication and collaboration with oral surgeons, chiropractors, dentists, and other healthcare professionals involved in frenectomy cases-informed consent for patients to release or not to release

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	<ul style="list-style-type: none"> • Review of real-life cases involving frenectomy • Review of current literature on frenectomy outcomes and techniques
<p>11:45 am-12:30 pm</p>	<p>“The Importance of Myofunctional Therapy For Your Dental Patient” With LeighAnne D’Avanzo-.75 CEU PACE Category: Philosophy</p> <p>Course Overview: Enhancing the balance and tone of orofacial muscles to promote functional breathing, and ensuring proper functioning of the tongue, lips, and mandible. This aims to support normal growth and sustained development of the face and dentition in individuals of all ages.</p>
<p>12:30 pm-1:15 pm</p>	<p>Lunch</p>
<p>1:15 pm-2:30 pm</p>	<p>“Beyond Boundaries: Navigate the Role of Fascia in Holistic Health” With Dr. Bahar Esmaili, DDS & Dr. Jane Brewer, DC-1.25 CEU PACE Category: Anatomy</p> <p>Course Overview: In this course you will learn the interplay of fascia, posture, breathing, and the autonomic nervous system (ANS) from physical, biochemical, and mental/emotional prospective. This course is designed for health professionals, movement practitioners, and wellness enthusiasts to connect the dots on how these elements intertwine to influence overall well-being.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Understand the role of connective tissue and body distortion and nervous system function. • Understand the term Adaptive capacity and how it reflected through posture and breathing pattern. • Understand the meaning of dysautonomia and role in chronic illnesses. • The relationship between pelvis distortion, TMD and hormonal imbalance in female population • Understand the role of craniofacial misalignment in fascial distortion.

AGENDA

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2:30 pm-2:45 pm	Afternoon Break
2:45 pm-3:45 pm	"Orthodontist Role in Sleep & Airway" With Dr. Jonnelle Crichton-NO CEU
3:45 pm-4:45 pm	<p>"Tending to the Roots: Enhancing Women's Health Through Better Sleep" With Dr. Paul Nguyen-1.0 CEU PACE Category:</p> <p>Course Overview:</p> <ul style="list-style-type: none">• Integrative Medicine - a holistic approach to wellness and healing• Strengthening the roots of our health foundation• Role of Sleep• Role of Breath• Physiologic changes in women's bodies that affect sleep and breathing, pregnancy, and menopause.• Nutritional Aspects that affect sleep• How I approach sleep and possible airway complains in my practice. <p>Course Objectives:</p> <ul style="list-style-type: none">• Describe the physiologic changes in women during pregnancy and menopause in regard to sleep and airway.• Identify which women will benefit from a sleep study or referral to a sleep specialist.• Nutritional aspects that can affect sleep• The role of cortisol in regards to sleep apnea and weight gain.
4:45 pm-5:00 pm	Closing Comments