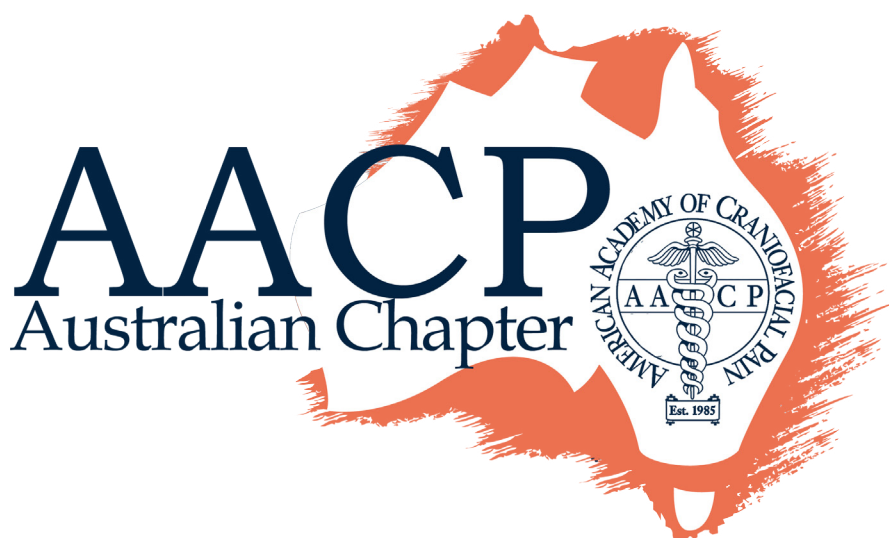


eNewsletter

AACP Australia Chapter e-News



Welcome to AACP eNewsletter December 2017

IN THIS ISSUE:

- Your AACP Australia 2017
- AACP 7th International Symposium
- Meet the speakers:
 - Assoc. Prof Fernanda Almeida
 - Assoc. Prof Nelly Huynh
- Meet the sponsors:
 - PROMotion Dental
Orthodontic Laboratory

Your AACP Australia

2017 has been another busy and successful year for the Australian Chapter.

Our year started with our March Symposium; Research to Reality.

This was a terrific and well attended course. Speakers included Professors David and Leila Gozal, Gilles Lavigne, Peter Svensson, Peter Cistulli, Stephan Schug, Mark Hutchinson, and many others.

We were treated to amazing information about the relationship between sleep and the micro biome, paediatric apnea and plasma exosomes, glia and the immune system, sleep pain and bruxism, and the role of animal research in the quest for new pain medications (and many more topics).

During this great event we were happy to host our President, Dr Steven Olmos, and our other regular visitors Drs Ed and Lyn Lipskis. Ed and Lyn returned to Melbourne in October to teach us some of Ed's wonderful orthodontic techniques. This tied in well with the Clinic Day we organised in August on Myofunctional Therapy.

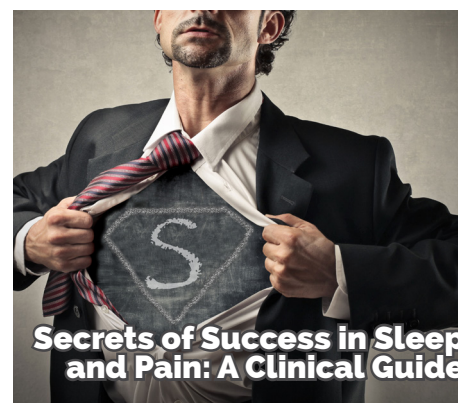
Next Year our Symposium will be on Secrets of Success in Sleep and Pain. We will take advantage of the extended sabbatical that Assoc Prof Fernanda Almeida is having in Sydney and have her speak, as well as Prof Rafael Benoliel. Our AACP USA visitor will be Dr Mayo Patel, presenting on what do do when splints don't work. A useful topic for any dentist in the field of Sleep and Pain management.

To follow up and this next year we have

planned three chapter days travelling around the country, with Sydney hosting a Sleep Update, Brisbane a Risk Management course, and Melbourne a Microbiome day.

Another busy year is coming up in Australia.

We look forward to presenting these amazing events and thank you for being part of the Community of AACP Australia. All the best from the Australian Chapter.



**Secrets of Success in Sleep
and Pain: A Clinical Guide**

AACP Australian Chapter 7th Annual Symposium: Secrets of Success in Sleep and Pain: A Clinical Guide

Meet the Speakers 7th International Symposium

This year we were visited by Prof Lavigne all the way from Montreal. Next year Canada will be represented by two more fantastic Sleep and Pain researchers.

Assoc. Professor Fernanda Almeida

Assoc. Prof Fernanda Almeida knows Australia well now, as she has been out here working with Prof Peter Cistulli at the Charles Perkins Centre for 6 months.

Fernanda is an acknowledged world expert on the use of oral appliances for OSA, and we will be lucky to hear her discuss Oral Appliance Design and Titration as well as Side Effects of Oral Appliances in March 2018.

This is a wonderful opportunity to hear Fernanda share her vast experience of a topic that is key to optimising your patient outcomes.

As an introduction to the quality of education you will receive, we have included a link to Fernanda's recent update on oral appliances.

[http://www.journals.elsevierhealth.com/article/S0012-3692\(17\)31069-3/fulltext](http://www.journals.elsevierhealth.com/article/S0012-3692(17)31069-3/fulltext)

For those just starting in this field, this article will clarify how and when to use appliances. It is a great start to adding OSA treatment to your repertoire.

Come and hear Fernanda herself to gain a deeper understanding of the topic.



FERNANDA ALMEIDA

Fernanda Almeida graduated in dentistry from University of Sao Paulo, and received her Doctorate (PhD) at The University of British Columbia, Canada.

Dr Almeida is currently an Associate Professor at UBC, and sees patients in a private practice restricted to the treatment of sleep disordered breathing. She has been awarded the W/W Wood Teaching Award for outstanding contributions to education of the undergraduate dental students at UBC. She has received the Pierre Robin Award from the American Academy of Dental Sleep Medicine (2011) and the Meier-Ewert Award from the German Dental Sleep Society (2012) for contributions in sleep/dental sleep medicine. She has published over 60 peer reviewed articles and is editor of Sleep and Breathing.

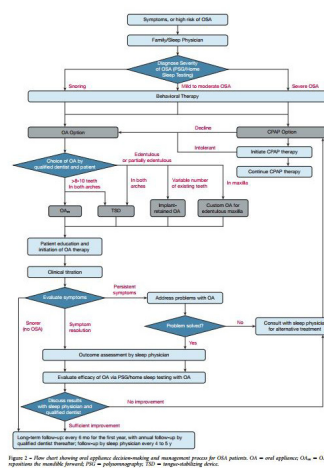


Figure 2 - Flow chart showing the clinical decision-making and management process for OSA patients. OSA = obstructive sleep apnea; CPAP = continuous positive airway pressure; PPSD = polysomnography; TSD = tongue-splinting device.

4 Contemporary Reviews in Sleep Medicine

[W & W CHEST • 2017]

DOWNLOAD pdf

Meet the Speakers 7th International Symposium

This year we were visited by Prof Lavigne all the way from Montreal. Next year Canada will be represented by two more fantastic Sleep and Pain researchers.

Assoc. Professor Nelly Huynh

Assoc. Prof Nelly Huynh is from Montreal, where her research interests include bruxism and paediatric sleep disorders. She will be discussing Sleep Bruxism and Sleep Disordered Breathing in Children, as well as Orthodontic therapy for Paediatric Sleep Disordered Breathing. Nelly's Ph.D was on the topic of Sleep Bruxism but she has since done postdoctoral training in OSA, imaging, epidemiology and global health at Stanford University and Geneva, so again we are extremely lucky to have her travel and speak for us.

As a quick introduction, below we have included a link to Assoc. Prof Huynh discussing how to optimise your sleep, something that is always very handy to have mastered before an AACP conference.

<https://www.youtube.com/watch?v=PWdfmD4Hy5c>

Come and join us at the Marriott in Sydney March 9-11th 2018 for 3 days of clinical pearls that will grow your knowledge in the field of Sleep and Pain management.



NELLY HUYNH

Nelly is an Associate Professor at the Faculty of Dentistry, Oral Health Department, at the Université de Montréal and the CHU Sainte-Justine Research Center. Nelly completed her Ph.D at Montreal on sleep bruxism. This was followed by a postdoctoral fellowship in OSA and imaging, in addition to paediatric sleep disorders at Stanford University, and training in epidemiology, and global health at the World Health Organisation in Geneva. She has over 30 peer-reviewed published articles in the field of sleep medicine and dental sleep medicine.

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Secrets of Success in Sleep and Pain: A Clinical Guide

Dentistry demands a lot from you. Every appointment you make numerous clinical Judgements that affect patient outcomes, your reputation and the bottom line. Treating people with chronic facial pain can throw a big torque wrench into the works. While there is no cook book approach for diagnosing and treating facial pain, systems exist that increase the ease of diagnosis and help you treat effectively to provide a successful outcome.

This course is designed to demystify confusing aspects of orofacial pain and sleep therapies: Are you clear on when and what tests to order? Learn how to do a cranial nerve evaluation. Clarify reading sleep studies and MRI. Learn which medications bring results. Recognise some of the unusual presentations of sleep and pain disorders to become a more effective practitioner.



AACP Australia brings you clinicians from around the world to show how to make providing pain and sleep therapy a more predictable and enjoyable part of your **CLINICAL DAY**

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ORTHODONTIC LABORATORY
Your partner to create an amazing change

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PROMotion Dental Orthodontic Laboratory, located in Toowong, Brisbane has over 30 years' experience in the orthodontic field. For the past ten years we have provided specialised services to TMD/neuromuscular dental practitioners across the country. Our small team of experienced technicians is proud of a reputation for delivering quality products that arrive on time, along with individual service tailored to your specific requirements.

PROMotion Dental is committed to the progress of Neuromuscular Dentistry. Practitioners who are dedicated to education and development within the field can rely on our team for ongoing support. Our Laboratory has a licence for Bill Hang's ADAPT LGR™ new orthotropic appliance! info@promotiondental.com.au www.promotiondental.com

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AMERICAN ACADEMY OF CRANIOFACIAL PAIN AUSTRALIA CHAPTER

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www.aacfp.com.au

conference@aacfp.com.au

projectcs@aacfp.com.au

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