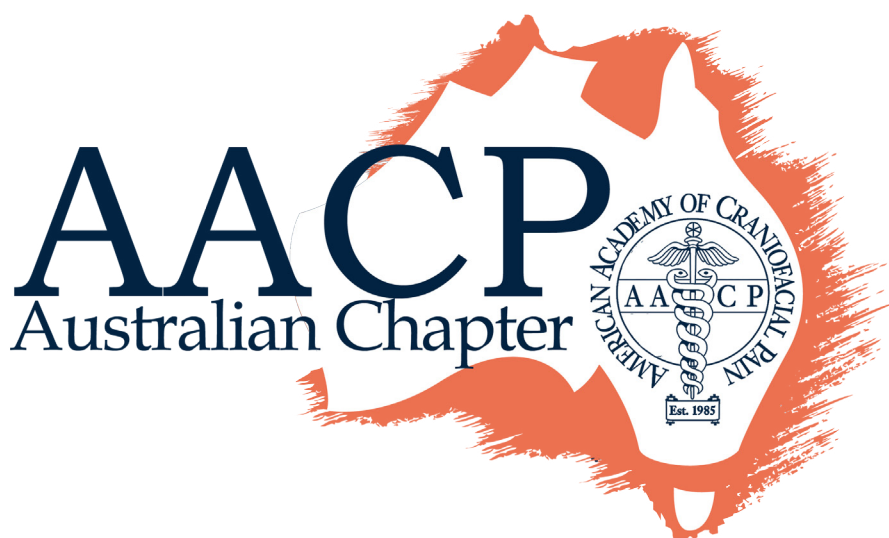


# eNewsletter

AACP Australia Chapter e-News



## AACP Australian Chapter 7th Annual Symposium: 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

[LEARN MORE](#)

### Welcome to AACP eNewsletter

The American Academy of Craniofacial Pain Australian Chapter was established in 2009.

The AACP is committed to the advancement of research, study and knowledge. OUR VISION: we will continue to be the Craniofacial Pain/TMD organization representing all practitioners in this discipline by providing a common ground for advancement of knowledge, clinical practice and research.



**Professor Rafael Benoliel**  
**Speaker at AACP**  
**7th Symposium**

Our 2017 Symposium in Sydney brought you up to date with what is current and what the future directions are in sleep and pain research.

In 2018 our focus shifts again to highlight the clinical aspects of the Practice of Sleep and Pain. We have assembled a comprehensive list of expert clinicians to cover the topics every practitioner needs to have at their fingertips.

We welcome back **Professor Rafael Benoliel** from Rutgers University, New Jersey. He is no stranger to the AACP audience and will present 3 lectures in 2018. One presentation is very relevant to current clinical events in Australia as we have recently seen in Perth.

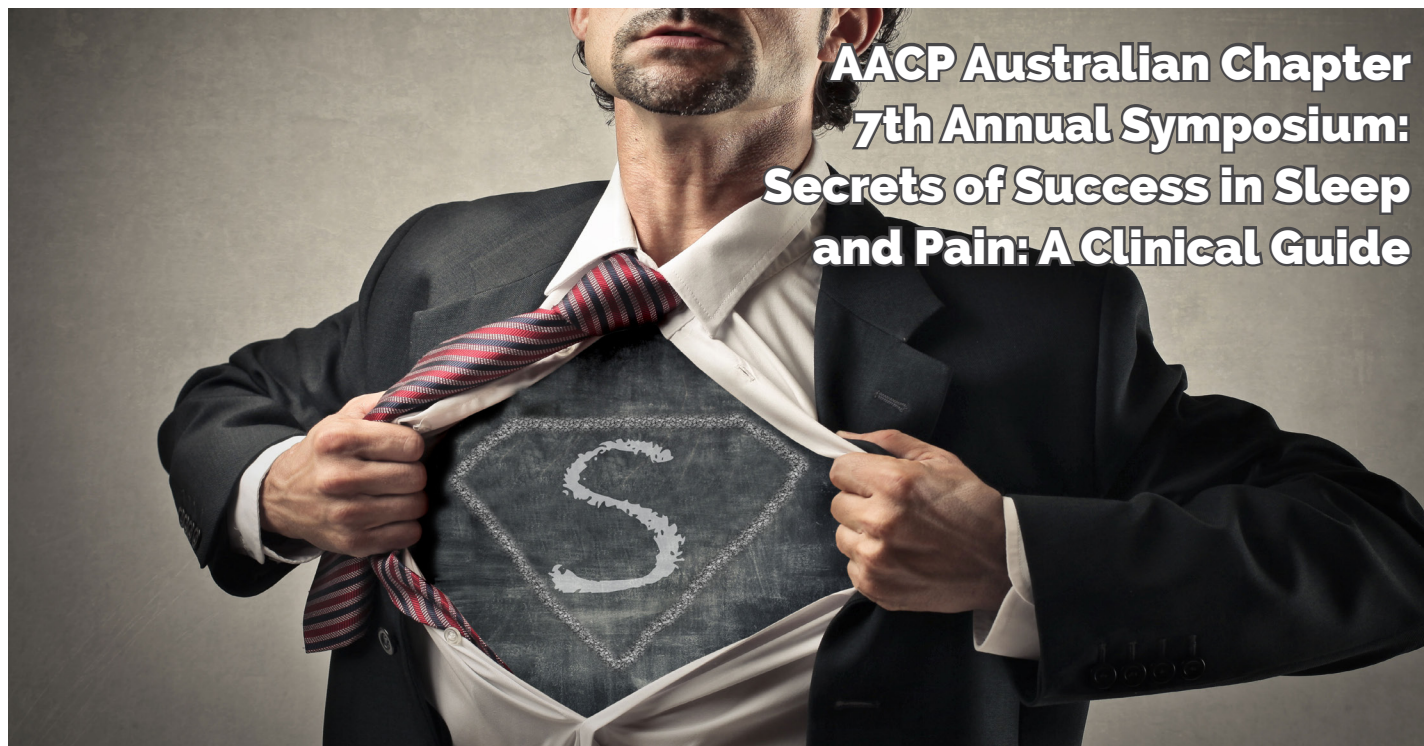
# Perth boy's inoperable brain tumour detected by his dentist

A Perth boy's regular dental check up has turned into a medical nightmare, with the 13-year-old diagnosed with a brain tumour.



3 days ago - A Perth boy's regular dental check up has turned into a medical nightmare, with the 13-year-old diagnosed with a brain tumour. Konah Brown ...

The West Australia by Belinda Wilkinson  
Wednesday, 16 August 2017 8:00AM



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

How many of us would be confident that we would even know where to start if this situation happened in our clinics? After this has happened we may all know to have our patients protrude their tongues, but that is not the only cranial nerve that can be affected by an intracranial process. If we are treating patients with pain and headache, as well as patients with OSA we need to know how to do this.

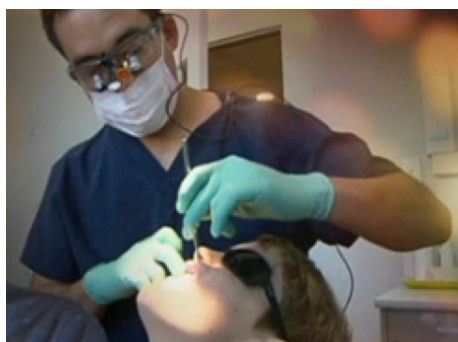
In his lecture "Red Flags in a Cranial nerve Assessment: Why does your Patient have a Crooked Smile" Professor Benoliel will take us through the clinical process of completing a cranial nerve examination, and show us examples of what we should be looking for. It is an amazing feeling to know that you have been a part of potentially saving someone's life, and none of us ever want to experience the sinking feeling

of knowing that we missed something crucial

Join us in March to hear this very important presentation.

Friday March 9-11th 2018 at the Sydney Harbour Marriott Hotel

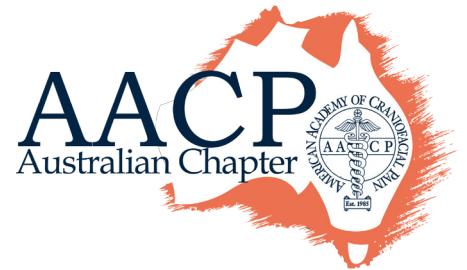
For more information visit our website  
[www.aacfp.com.au](http://www.aacfp.com.au)



**3 days ago - A Perth boy's regular dental check up has turned into a medical nightmare, with the 13-year-old diagnosed with a brain tumour.**  
**READ MORE**



## Sleep Really is Important: It's Official!!!



## Sleep Really is Important: It's Official!!!!

The OPPERA Study is the world's largest case-control cohort study investigating the first onset and chronification of TMD. The role of sleep in the onset of TMD symptoms has been something that they have been very interested in. This series of articles traces the progress of their investigation.

**It is now official that poor sleep quality has a direct effect on pain, as well as increasing levels of perceived stress, and so magnifying the process.**

For those wanting more information on the direct effects search:

"RR Edwards, Sleep, TMD pain" in Google Scholar or the EBSCO Database (for AACCP members).

Alternately click on the 3 links below to see the OPPERA study results relating to TMD.

### 1. Sleep apnea symptoms and risk of temporomandibular disorder: OPPERA cohort.

#### Abstract:

The authors tested the hypothesis that obstructive sleep apnea (OSA) signs/symptoms are associated with the

occurrence of temporomandibular disorder (TMD), using the OPPERA prospective cohort study of adults aged 18 to 44 years at enrollment (n = 2,604) and the OPPERA case-control study of chronic TMD (n = 1,716).

### 2. Subjective sleep quality deteriorates before development of painful temporomandibular disorder.

#### Abstract:

There is good evidence that poor sleep quality increases risk of painful temporomandibular disorder (TMD). However, little is known about the course of sleep quality in the months preceding TMD onset, and whether the relationship

### 3. Sleep apnea symptoms and risk of temporomandibular disorder: OPPERA cohort.

#### Abstract:

We explored causal mediation of sleep quality and perceived stress in development of painful temporomandibular disorder (TMD). Sleep quality and perceived stress were assessed at baseline and quarterly intervals thereafter in 2,737 initially TMD-free adults in.

#### Perspective:

Causal mediation analysis highlights mechanisms by which poor sleep quality promotes development of TMD. First, poor sleep quality exerts a direct effect on pain. Second, it triggers a heightened perception of stress, which acts as an intermediate factor in the causal pathway between poor sleep quality and first-onset TMD pain.

## “Leading the TMD Community” is more than a slogan. It is our guiding rule!

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THE UNIVERSITY OF  
**SYDNEY**

The AACCP Australian Chapter thinks that if you would like to attain formal qualifications in the area of Orofacial pain from an Australian University we highly recommend this online course, which commences in 2018.

The Master of Medicine (Pain Management) is an evidence-based and clinically relevant program that explores the problem of pain in the community and the role of health professionals in managing and treating a range of pain conditions. This program will provide you with knowledge and strategies to prevent acute and sub-acute pain from progressing to chronic and disabling pain, and refine your ability to work in a multidisciplinary team to achieve this goal. You will learn from local and international academic clinicians and researchers including neuroscientists, anaesthetists, pharmacologists, clinical psychologists, psychiatrists, nurses, physiotherapists and research personnel, all widely experienced in pain management practice... [learn more](#)

For further information please contact us at [paineducation.admin@sydney.edu.au](mailto:paineducation.admin@sydney.edu.au) or call +61 2 9463 1516.

## AMERICAN ACADEMY OF CRANIOFACIAL PAIN AUSTRALIA CHAPTER

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