

# *Inaugural*

**Edmund Tay Mai Hiong  
Distinguished Speaker Programme**

## **Multidisciplinary Perspective on Sleep Disordered Breathing – State of the Art**

**Clinical Research Centre (CRC) Auditorium  
Block MD11, Yong Loo Lin School of Medicine  
10 Medical Drive, Singapore 117597**

**Sunday, 26 March 2017**

**CDE Points: 6**

**CME Points: 4**

Early Bird Registration extended to **13 March 2017**

Organised by:  
**Centre for Advanced Dental Education**



Faculty of Dentistry

# Programme Schedule

**SUNDAY, 26 MARCH 2017**

TIME	TOPIC	SPEAKER
8.00am	Registration	
8.50am	Opening Address	Associate Professor Victoria Yu
9.00am	<b>The ETMH Endowed Fund</b>	Dr David Tay
9.30am	<b>SDB Pathophysiology and Treatment Approaches</b>	Professor Peter Cistulli
11.00am	TEA BREAK	
11.15am	<b>The Effects of Sleep-Disordered Breathing on Cardiovascular Disease</b>	Associate Professor Ronald Lee
12.00pm	<b>A Combined Dental-ENT Approach in the Management of the Upper Airway Resistance Syndrome</b>	Dr Kenny Pang
12.45pm	LUNCH	
2.15pm	<b>Dentofacial Strategies in Establishing Upper Airway Patency</b>	Clinical Associate Professor Mimi Yow
3.15pm	<b>Prediction of Treatment Response to Mandibular Advancement Splints</b>	Professor Peter Cistulli
4.30pm	Panel Discussion	
5.30pm	End of Programme	

# Speaker Profile

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## Professor Peter Cistulli

MBBS, PhD, MBA, FRACP, FCCP

Professor Peter Cistulli is the ResMed Chair in Sleep Medicine at the University of Sydney. He is an active clinician researcher with 25 years' experience in respiratory and sleep medicine and is head of the Centre for Sleep Health & Research in the Department of Respiratory and Sleep Medicine at Royal North Shore Hospital. His research has focussed on the pathophysiology of Obstructive Sleep Apnea and novel therapeutic approaches. This work has been predominantly funded by the NHMRC of Australia, and he has achieved in excess of \$14m in competitive funding. Prof Cistulli has an extensive publication record, and has received international awards for his academic contributions to the sleep field. He is a former President of the Australasian Sleep Association. He currently serves on the board of directors of the Sleep Health Foundation (Australia), whose mission is to raise community and government awareness of the negative impact of untreated sleep disorders and poor sleep practices on health, safety, productivity and quality of life.

As the Edmund Tay Mai Hiong Distinguished Speaker 2017, Prof Cistulli will discuss pathophysiology and treatment of Sleep Disordered Breathing.

## Lecture Synopsis

### SDB Pathophysiology and Treatment Approaches

- Historical concepts in OSA pathophysiology
- New concepts in OSA pathophysiology
- Anatomical and pathophysiological phenotypes
- Techniques for assessing upper airway structure and function
- Novel therapeutic targets
- SDB therapies, positive pressure and beyond
- Future directions – personalised therapy

### Prediction of Treatment Response to Mandibular Advancement Splints

- Mechanisms of actions
- Goals of therapy
- Anatomical predictors of response
- Physiological predictors of response
- Future directions – personalised therapy

# Speaker Profile

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## **A/Prof Lee Chi-Hang, Ronald**

**MBBS, MD, FRCP (Edin), FAMS, FACC, FSCAI**

**Senior Consultant Department of Cardiology, NUHCS  
Associate Professor Department of Medicine,  
Yong Loo Lin School of Medicine, NUS**

A/Prof Ronald Lee Chi-Hang, MBBS, MD is an interventional cardiologist at the National University Heart Centre Singapore since 2011, and a tenured Associate Professor (clinician-scholar track) at the National University of Singapore since 2007. His recent research interest includes effects of sleep-disordered breathing on cardiovascular disease. A/Prof Lee's honours include the Singapore Cardiac Society Young Investigator Award (2010), National Medical Excellence Award (2011) and Clinician Scientist Award (2015). A/Prof Lee has authored or co-authored more than 150 articles in peer-reviewed journals or chapters in medical textbooks. He serves as a reviewer and editorial member for a number of peer-reviewed journals. A/Prof Lee has been awarded research grants from the National Medical Research Council, Ministry of Education, Singapore Heart Foundation and medical device industry. He is also noted for his passion for medical education. He is a core faculty member of the Cardiology Senior Residency Programme and a supervisor for research fellows and postgraduate students. A/Prof Lee is a fellow of the Royal College of Physician, American College of Cardiology, and Society for Cardiovascular Angiography and Interventions.

## *Lecture Synopsis*

### **The Effects of Sleep-Disordered Breathing on Cardiovascular Disease**

Obstructive sleep apnea (OSA) is a prevalent form of sleep-disordered breathing that is closely associated with cardiovascular disease. Recent study suggested that OSA is present in 30% of the Singapore general population. Expert consensus documents and clinical guidelines highlight OSA as an emerging risk factor for heart failure, atrial fibrillation, stroke, and coronary artery disease. In community-dwelling individuals without overt cardiovascular disease, OSA is associated with early signs of atherosclerosis and coronary plaque burden. In patients undergoing coronary angiography and intravascular ultrasonography for an evaluation of symptomatic coronary artery disease, those with OSA have a greater atheroma burden than those without OSA. The body of evidence linking OSA with coronary atherosclerosis notwithstanding, few data examining the prognostic effect of OSA on patients undergoing percutaneous coronary intervention (PCI) exist. More than 950 000 PCI procedures were performed in the United States in 2010, and the majority of contemporary PCI procedures involve the implantation of coronary stents. There is a lack of data from large cohort studies examining the prognostic significance of OSA in patients treated with PCI. The American Heart Association/American College of Cardiology Foundation scientific statement on sleep apnea and cardiovascular disease called for an expanded knowledge base on whether OSA in established cardiovascular disease accelerates disease progression.

## Speaker Profile

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### Dr Kenny Peter Pang

MBBS, MRCS (Edinburgh), FRCS (Edinburgh)(UK), FRCS (Ireland) (OTO), Masters Medicine (ORL)

#### Consultant ENT Surgeon

Dr Pang graduated from the Faculty of Medicine, National University of Singapore and attained his fellowship from both the Royal College of Surgeons in Edinburgh and Ireland, and his Masters of Medicine (Otorhinolaryngology). Dr Pang is Director of the Asia Sleep Centre at Orchard Paragon and President of ASEAN Sleep Surgical Society. The inventor of Pang's Expansion Pharyngoplasty and Anterior Palatoplasty (2006) for the treatment of snoring and sleep apnea and a dedicated teacher, Dr Pang has taught 500 ENT Specialists all over the world; authored "Handbook of ENT & Sleep Disorder", "Sleep Solutions" & "Sleep Matters"; and made numerous public appearances on Channel 5's "AM Singapore", "The 5 Show", and on Channel News Asia.

## Lecture Synopsis

### A Combined Dental-ENT Approach in the Management of the Upper Airway Respiratory Syndrome

Sleep disordered breathing is a common sleep disorder. It ranges from snoring to obstructive sleep apnea (OSA). OSA is a night time disorder that manifests not only at night (snoring, choking sensation, gasping at night) but during the day as fatigue, daytime sleepiness, irritability, poor concentration, tiredness, depression and memory loss. It is a systemic problem that causes severe oxidative stress in the patient and is strongly associated with hypertension, strokes, heart attacks and sudden death. This lecture will highlight the evolution of OSA and its treatment algorithms, with evidence-based medicine. Upper airway resistance syndrome (UARS) is a disorder that used to be thought to be the missing link between the spectrum of snoring to OSA. However, it is now emerging as a distinct clinical entity with more paramount evidence proving this. UARS pathophysiology and its treatment have always been controversial. This lecture would help identify distinct features of UARS and its management strategy.

## Speaker Profile

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### Clin A/Prof Mimi Yow

BDS (Singapore), FDSRCS (Edinburgh), MSc (London), FAMS (Orthodontics)

Dr Mimi Yow graduated from the University of Singapore (Bachelor of Dental Surgery) in 1979; trained in Oral Surgery and Orthodontics in London (1984 to 1987) and received the Fellowship in Dental Surgery of the Royal College of Surgeons of Edinburgh, the Master of Science in Orthodontics (London) and became Fellow of the Academy of Medicine, Singapore. Having advanced dental sleep medicine at the Singapore General Hospital Sleep Disorders Unit

and participated in the development of the SingHealth Duke-NUS Sleep Centre, Dr Yow practices cleft and craniofacial orthodontics and manages sleep disorders.

## Lecture Synopsis

### **Dentofacial Strategies in Establishing Upper Airway Patency**

The late Professor Edmund Tay Mai Hiong was a man before his time. He exhorted dentists to learn to look beyond the molars and if they had looked, they would have found the portal to the upper airway. Sleep-disordered breathing is a collective term for the spectrum of disordered breathing during sleep, from simple snoring to obstructive sleep apnea. The causes of each are multifactorial and the aetiologies vary considerably between adults and children, and between individuals. This poses multiple challenges in investigations and assessments of the airway to establish diagnosis. Craniofacial and nasopharyngeal structures, breathing modality, swallow pattern, lip posture, dentofacial configuration and malocclusions are multiple factors to be taken into consideration in the formulation of strategies to establish upper airway patency. Collaborative management of medical and dental co-morbidities is necessary for optimal care and long-term follow-up of patients with sleep-disordered breathing. Various clinical indicators to the prescriptive in treatment planning and management will be discussed and how team members can best work together will be highlighted.

## Speaker Profile



### **Dr David K. L. Tay**

**BDS (S'pore), MS (Northwestern,USA), Cert.  
Prosthodontics (Northwestern,USA), FAMS(Prosthodontics)**

#### **Practice Restricted to Prosthodontics**

Dr David K. L. Tay is the Clinical Director of T32 Dental Centre (Specialist Division) at Camden Medical Centre and holds memberships in several professional organizations including the International College of Prosthodontists, American Academy of Dental Sleep Medicine, American Equilibration Society, and the Pain Association of Singapore. He was also former Chairman, Chapter of Dental Surgeons, Academy of Medicine (Singapore) and past President of the Prosthodontic Society (Singapore).

Dr Tay was a full-time faculty member in the Faculty of Dentistry, NUS, until 1993 when he dedicated himself to full-time private practice limited to the specialty of prosthodontics. Dr Tay has over 20 years' experience in Oral Appliance Therapy and has been co-managing patients with sleep-disordered breathing in close collaboration with an interdisciplinary team of sleep professionals. His other special interests include full-mouth occlusal rehabilitation, the management of temporomandibular disorders & chronic orofacial pain, and golf. An innovative clinician and teacher at heart, Dr Tay has published in scientific journals, contributed to prosthodontic textbooks and given numerous presentations and courses on Prosthodontics, Occlusion, TMD/Orofacial Pain and Dental Sleep Medicine, both locally and overseas.

## REGISTRATION DETAILS

### Registration Fees

Early bird discount extended. Registration closes on 13 March 2017.

For enquiries, please contact:

Ms Doris Wong (Tel: +65 6772 4965; Email: [gdssec@nus.edu.sg](mailto:gdssec@nus.edu.sg))

Ms Azlia Aziz (Tel: +65 6772 5258; Email: [denaaa@nus.edu.sg](mailto:denaaa@nus.edu.sg))

	Doctor / Dentists	Medical / Dental Auxiliaries	Medical / Dental Students
Early Bird Registration	\$200	\$140	\$100
On-Site Registration	\$300	\$200	\$140

### How to Register

Complete the registration form, including payment of the full registration fees, and mail/fax to:

Centre for Advanced Dental Education (CADE),  
Faculty of Dentistry  
11 Lower Kent Ridge Road  
Singapore 119083  
Fax: (65) 6779 6520

For payment of fees, please provide either credit card information or cheque made payable to “**National University of Singapore**”. Please write your name and DCR number at the back of the cheque.

All registrations must reach the Secretariat latest by **13 March 2017**. A confirmation will be sent upon receipt of the full fee payment.

### Cancellation/Refund Policy

Cancellations have to be made in writing. A cancellation fee of S\$50 will be charged for all cancellations requested on or before **13 March 2017**. There will be no refunds after the closing date.

**The organisers reserve the right not to conduct the course if there are not enough participants.**

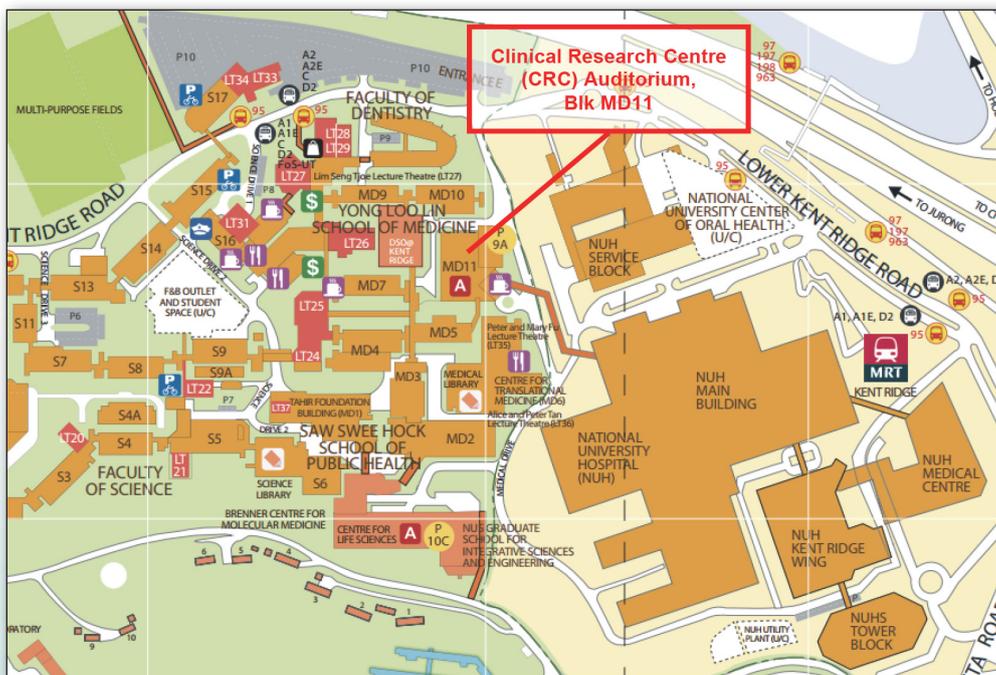
**NUS & PDPA** : Attendees should be aware that NUS, others on behalf of NUS and third parties may be taking photographs and/or videos during this event. NUS may use such photos and videos for the purpose of NUS publicity, marketing and media/social media. We may identify attendees by name in such media and/or share these with third parties (which may be in or outside of Singapore).



Faculty of Dentistry

## Centre for Advanced Dental Education

### Location Map of Conference Venue:



Centre for Advance Dental Education  
Faculty of Dentistry  
11 Lower Kent Ridge Road  
Singapore 119083  
Email: [fodsymposium@nus.edu.sg](mailto:fodsymposium@nus.edu.sg)  
Website: [www.dentistry.nus.edu.sg](http://www.dentistry.nus.edu.sg)