

2nd

**Edmund Tay Mai Hiong
Distinguished Speaker Programme**

Sleep Medicine for Physician and Dentist: Interdisciplinary Clinical Sciences

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

Sunday, 8 July 2018

CDE Points: 6

CME Points: 4

(pending accreditation)

Sponsors:



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Organised by:
Centre for Advanced Dental Education



Faculty of Dentistry

Enquiries Contact: Ms Melissa Lim | Tel: +65 6772 4966

Programme Schedule

Sunday, 8 July 2018

TIME	TOPIC	SPEAKER
8.00am	Registration	
8.50am	Opening Address	Prof Finbarr Allen Dean, Faculty of Dentistry
9.00am	The ETMH Endowed Fund	Dr David Tay
9.30am	What is Sleep and Why Do We Sleep	Professor Gilles Lavigne
11.00am	TEA BREAK & TRADE EXHIBITION	
11.15am	Sleep Disordered Breathing: Overview	Professor Gilles Lavigne
12pm	LUNCH & TRADE EXHIBITION	
1.30pm	Sleep Bruxism vs. Sleep Disordered Breathing and Pain: Differential Diagnosis and Mechanisms	Professor Gilles Lavigne
2.15pm	TEA BREAK & TRADE EXHIBITION	
2.30pm	Sleep Bruxism vs. Sleep Disordered Breathing and Pain: Management Q & A	Professor Gilles Lavigne
4.00-5.00pm	Panel Discussion: Q & A	
5.00pm	End of Programme	

Speaker Profile



Professor Gilles Lavigne

DMD, PhD, FRCD (oral med), hc
Faculty of Dental Medicine, Université de Montréal
Surgery Dept, Trauma unit, Hôpital du Sacre Cœur de Montréal,
Canada
Canada Research Chair in pain, sleep and trauma

Professor Gilles Lavigne received his DMD and MSc degrees from the Université de Montréal, his PhD from the University of Toronto, and an FRCD in Oral Medicine from Georgetown University. He completed his postdoctoral training in the Neurobiology of Pain at the NIH, Bethesda, Maryland. In addition, he received an honorary degree of doctor honoris causa from the University of Zurich. He also holds a Canada Research Chair in Pain, Sleep and Trauma, and was dean of the Faculty of Dental Medicine at the Université de Montréal. He is the current director of research at the Sacre Coeur Hospital, Montreal.

Lecture Synopsis

Sleep Medicine for Physician and Dentist: Interdisciplinary clinical sciences Sleep Apnea, Sleep Bruxism and Orofacial Pain differential diagnosis and management

For over 30 years sleep medicine and dentistry are collaborating to better manage sleep apnea and sleep bruxism (SB), two independent conditions that may in some patients overlap.

Sleep Apnea is characterized by repetitive cessation of breathing, reduction in oxygen (hypoxia) and risk of hypertension and severe morbidity. SB-tooth grinding is a periodic-rhythmic muscle activity; its etiology includes anxiety-hypervigilance and sleep arousal reactivity (cardio-respiratory) or breathing alteration in sub-group of patients. Understanding the interaction between these sleep disorders and on temporomandibular pain is a challenge for clinicians.

Diagnosis is better achieved in collaboration with sleep medicine physician to establish the differential diagnosis of concomitant relevant sleep disorders include insomnia (long delay to fall asleep), Sleep Disorder Breathing (SDB: RERA to sleep apnea) and/or movement/neurological disorders (oromandibular myoclonus – epilepsy or REM Behaviour Disorder) and Gastro-oesophageal Reflux (GERD).

Management by dentists includes oral appliances (splint or mandibular advancement appliance if SDB) and sleep hygiene advices; by psychologist (cognitive behavioural therapies) and by physicians medication (CPAP for apnea; muscle relaxant, botulinum toxin, clonidine for SB; proton pump inhibitor for GERD).

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 was a former full-time faculty member in the Department of Restorative Dentistry, Faculty of Dentistry, NUS. Since 1993, he has been in full-time private practice limited to the specialty of prosthodontics.

He 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.

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.

He 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).

He is, presently, the Clinical Director of T32 Dental Centre (Specialist Division) at Camden Medical Centre.

REGISTRATION DETAILS

Registration Fees

Register before **8 June 2018** to enjoy the early bird discount.
Registration closes on **22 June 2018**. For enquiries, please contact:
Ms Melissa Lim (Tel: 65 6772 4966; Email: denllsm@nus.edu.sg)
Ms Doris Wong (Tel: +65 6772 4965; Email: gdssec@nus.edu.sg)
Ms Azlia Aziz (Tel: +65 6772 5258; Email: denaaa@nus.edu.sg)

	Dentists/ Doctors	Dental Auxiliaries	Students
Early Bird Registration	\$200	\$140	\$100
Registration	\$250	\$170	\$120
On-Site Registration	\$300	\$200	\$140

How to Register

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

Faculty of Dentistry
11 Lower Kent Ridge Road
Singapore 119083
Fax: (65) 6779 6520
Attention to: Ms Melissa Lim

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 **22 June 2018**. 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 **22 June 2018**. 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

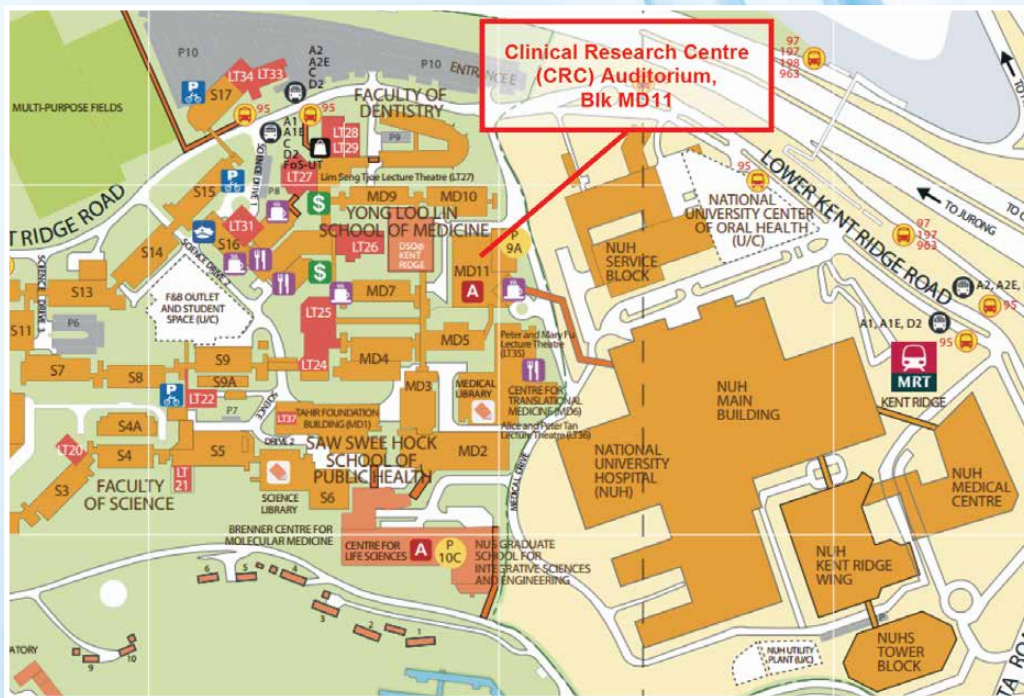
NUS & PDPA: Attendees should be aware that NUS, others on behalf of NUS and third parties may be taking photographs and/or videos during this event. NUS may use such photos and videos for the purpose of NUS publicity, marketing and media/social media. We may identify attendees by name in such media and/or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



Faculty of Dentistry

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Location Map of Conference Venue:



The nearest Visitor Car Park is at **Car Park 10**
(Opposite Dentistry along Lower Kent Ridge Road)

Faculty of Dentistry
11 Lower Kent Ridge Road
Singapore 119083
Email: fodsymposium@nus.edu.sg
Website: www.dentistry.nus.edu.sg