

# 2<sup>nd</sup>

**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**

**CSTE Units: 4.5**

**CME Points: 4**

*(pending accreditation)*

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Organised by:

**Centre for Advanced  
Dental Education**



Centre for Medical Education  
Yong Loo Lin School of Medicine

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	<b>TEA BREAK &amp; TRADE EXHIBITION</b>	
11.15am	Sleep Disordered Breathing: Overview	Professor Gilles Lavigne
12pm	<b>LUNCH &amp; TRADE EXHIBITION</b>	
1.30pm	Sleep Bruxism vs. Sleep Disordered Breathing and Pain: Differential Diagnosis and Mechanisms	Professor Gilles Lavigne
2.15pm	<b>TEA BREAK &amp; TRADE EXHIBITION</b>	
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	<b>End of Programme</b>	

# Speaker Profile



## Professor Gilles Lavigne

DMD, PhD, FRCD (C)

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 and his PhD from the University of Toronto. He did his specialty training in Oral Medicine at Georgetown University and is a Fellow of the Royal College of Dentists of Canada (Oral Medicine).

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.

Dr. Lavigne is past president of the Canadian Sleep Society and Canadian Association of Dental Research. He is cofounder and a past president of three research networks in Oral Health, Pain and Placebo Mechanisms of Fonds de la Recherche, Quebec, and Canadian Institutes of Health Research. He is editor of *Sleep and Pain* (IASP Press 2007) and section editor for the "Physiology of Sleep" in *Principles and Practice of Sleep Medicine*: Kryger, Roth and Dement, editors (Elsevier 2011). He coedited the textbooks *Orofacial Pain: From Basic Science to Clinical Management* (Quintessence 2008) and *Sleep Medicine for Dentists: A Practical Overview* (Quintessence 2009). He is internationally recognized for experimental and clinical research on sleep bruxism and sleep, pain and breathing disorders.

## Lecture Synopses

### **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

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## **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](mailto:denllsm@nus.edu.sg) )  
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) )

	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

## Centre for Advanced Dental Education

### 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](mailto:fodsymposium@nus.edu.sg)  
Website: [www.dentistry.nus.edu.sg](http://www.dentistry.nus.edu.sg)