

# *Sleep Medicine* for the **Dentist**

Clinical Research Centre (CRC) Auditorium  
MD 11, Yong Loo Lin School of Medicine  
10 Medical Drive,  
Singapore 117597

**CPE Points: 6**

Sunday, 17 July 2016

Our Sponsors :



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



Faculty of Dentistry



Associate Professor  
**Grace Ong**

## MESSAGE FROM DEAN FACULTY OF DENTISTRY

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The “Sleep Medicine for the Dentist” Symposium is organized to raise funds for the Edmund Tay Mai Hiong (ETMH) Endowed Fund.

The Fund was established to support a distinguished speakers’ programme and a graduate scholarship in dental sleep medicine at the Faculty of Dentistry in honour of Dr Edmund Tay Mai Hiong, our former Professor of Prosthetic Dentistry and first Dean of the Faculty of Dentistry. As the first and longest serving Dean, he contributed towards building the reputation of the Faculty producing graduates of international standing.

The target to be raised is \$625,000. The Faculty is grateful to the Tay Family who donated \$312,500 to kick start the establishment of this Fund. Past students and friends of Dr Edmund Tay are encouraged to donate generously to this Fund.

I look forward to seeing you at the symposium.

“Dear Alumni and friends,

*People used to think that snoring was a ‘benign’ if not laughable social affliction affecting most men. How wrong we were!*

*My dad’s early medical problems and ultimate demise were directly related to a not uncommon malady called Obstructive Sleep Apnea (OSA). In the early eighties, this disorder was not well recognized and the seriousness of its cardiac and cerebrovascular consequences was often overlooked.*

*Today, the realization that we as dentists are in a uniquely privileged position to play a significant role in the early recognition and co-management of this potentially devastating condition is simultaneously humbling and empowering.*

*We hope the Edmund Tay Mai Hiong Endowment Fund, will serve as a platform:*

- *to introduce sleep medicine to the local dental profession*
- *to raise public and medical community awareness of dentistry’s role in sleep-related breathing disorders*
- *to make dentists more aware of the potential impact of everyday dental practice, both positive and negative, on the human airway, and*
- *to highlight the comorbidity between sleep disorders and chronic orofacial pain (including Temporomandibular Disorders).*

*On behalf of my family, I appeal to your generosity and thank you in advance for honouring him.*

*Sincerely,*

*Dr. David K. L. Tay”*

## ETMH Endowment Fund officially launched on 16 August 2015

Raising community awareness	Sponsorship of local candidates	Your donation enjoys
Initially, the gift will be used to fund expenses to engage distinguished speakers to conduct annual lectures and/or teaching programmes in the fields of dental sleep medicine, airway-centric dentistry and orofacial pain.	In addition to the distinguished speaker programme, the endowment will also offer full or partial scholarships to suitable Singaporean dentists to pursue full-time university-based residency programmes in dental sleep medicine/ orofacial pain.	250% tax deduction

**Professor Peter Cistulli from the University of Sydney is the ETMH Speaker for the inaugural event scheduled for 26 March 2017.**

# SLEEP MEDICINE FOR THE DENTIST

## PROGRAMME SCHEDULE

**SUNDAY, 17 JULY 2016**

TIME	TOPIC	SPEAKER
8.00am to 8.50am	Registration	
8.50am to 8.55am	Introduction Dr Tan Hee Hon Chairperson	
8.55am to 9.00am	Opening Address Professor Finbarr Allen, Dean, Faculty of Dentistry	
9.00am to 10.10am	Sleep Physiology 101 Evolution of the airway & OSA Pathophysiology of OSA Airway evaluation in OSA Sleep diagnostics Which Anatomy Obstructs?	Dr Kenny Pang
10.10am to 10.40am	<b>TEA &amp; TRADE EXHIBITION</b>	
10.40am to 12.30am	Role of dentists in the management of sleep-related breathing disorders Oral appliance therapy	Dr David Tay
12.30pm to 1.30pm	<b>LUNCH &amp; TRADE EXHIBITION</b>	
1.30pm to 2.40pm	Evidence Based Medicine CPAP vs Sleep Surgery UARS vs OSA Combination therapy for UARS (OAT- minimally invasive ENT surgery protocol)	Dr Kenny Pang
2.40pm to 3.10pm	<b>TEA &amp; TRADE EXHIBITION</b>	
3.10pm to 5.00pm	The impact of sleep & airway issues on the practice of dentistry	Dr David Tay

# Speaker Profiles

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## Dr David K L Tay

BDS (Singapore), MS (Northwestern, USA) Cert Prosthodontics  
(Northwestern, USA)  
FAMS (Prosthodontics) Dental Specialist in Prosthodontics  
PRACTICE RESTRICTED TO PROSTHODONTICS



Dr Tay was a tenured, full-time faculty member in the Faculty of Dentistry, NUS, from 1984-1993, involved in both the undergraduate and postgraduate prosthodontic teaching programs and was instrumental in setting up the Dental School's Integrated Core Curriculum in Occlusion and the Faculty's Orofacial Pain Unit. His past appointments include: Senior Lecturer & Consultant in the Department of Restorative Dentistry, NUS/NUH; External Examiner for PhD and MSc research projects; Convenor, Committee for Advanced Specialty Training in Prosthodontics, Academy of Medicine (Singapore) and Visiting Consultant in Orofacial Pain & Prosthodontics for the Singapore Armed Forces.

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, served on several editorial boards, and has given presentations and courses on Occlusion, Prosthodontics, TMD/Orofacial Pain and Dental Sleep Medicine, both locally and overseas. He was the invited SDA Masterclass Speaker at the 2014 Combined Scientific Meeting on Orofacial Pain, jointly organised by the Pain Association of Singapore and the Singapore Dental Association.

Dr Tay, however, is better known to his medical colleagues as a pioneer in Dental Sleep Medicine and has over 20 years experience in Oral Appliance Therapy for patients with sleep-related breathing disorders, which he manages in close collaboration with a multidisciplinary team of sleep professionals.

He holds memberships in several professional associations including the International College of Prosthodontists, American Academy of Dental Sleep Medicine, American Equilibration Society, Pain Association of Singapore, and is Academic Advisor to the International Sleep Academy. He was also former Chairman, Chapter of Dental Surgeons, Academy of Medicine (Singapore) and past President of the Prosthodontic Society (Singapore).

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

# Speaker Profiles

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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. He attained his fellowship from both the Royal College of Surgeons in Edinburgh and Ireland, and proceeded to attain his Masters of Medicine (Otorhinolaryngology).

He invented an effective technique known as the Pang's Expansion Pharyngoplasty and Anterior Palatoplasty (2006) for the treatment of snoring and sleep apnea. The Straits Times called "Dr Kenny Pang: The Innovative Surgeon" (Dec 27, 2008) and "Singaporean develops new cure for sleep disorder" (Aug 31, 2007).

Being the President of ASEAN Sleep Surgical Society, Dr Pang is internationally respected and recognised as the world's voice of Sleep. He was the Course Director of 3 Major International Courses & 4 Sleep Symposiums. He has been invited over 60 times internationally to speak in Sleep Courses and to be their prestigious keynote speaker at their world major Sleep Surgery Courses, Regionally and Internationally.

Dr Kenny Pang is a teacher to 500 ENT Specialists all over the world and the author of 3 books "Handbook of ENT & Sleep Disorder", "Sleep Solutions" & "Sleep Matters". He has made many numerous public appearances on Channel 5's "AM Singapore", "The 5 Show", and on Channel News Asia.

He is currently Director of the Asia Sleep Centre at Orchard Paragon Medical Center.

# Synopsis

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This course aims to introduce sleep medicine to dentists, and to make them more aware of their important role in the co-management of sleep-related breathing disorders like obstructive sleep apnea (OSA). It will be particularly useful to those who wish to incorporate oral appliance therapy (OAT) into their dental practice.

Oral Appliance Therapy, predominantly in the form of customized titratable mandibular advancement devices, is now widely accepted as the evidence-based treatment of choice for patients with primary snoring, mild to moderate OSA, upper airway resistance syndrome (UARS) and those who are intolerant of or reject continuous positive airway pressure (CPAP) therapy. The long-term nightly use of these mandibular repositioning devices, however, is not without significant reversible and irreversible side effects. How do we minimise the latter? How do we go about selecting one from more than 100 available designs? How do we identify the potential 'responders' and when is 'Combination Therapy' (e.g. OAT with minimally invasive ENT surgery and/or nasal CPAP) indicated?

Upper airway and craniofacial development, nasal resistance, habitual mouth breathing, resting tongue posture, forward head posture, and the ubiquitous posteriorly displaced mandible must be factored into our everyday treatment planning. Dentists must learn to look beyond the molars! We need also to familiarise ourselves with the new tools of the trade. The importance of condylar position control, intra-border jaw registration techniques, novel airway imaging technology and software, dynamic nasopharyngoscopy and overnight sleep studies will be discussed.

Recent research on airway behaviour in sleeping and awake subjects have forced us to re-evaluate dental dogma like 'centric relation' and the way we approach full mouth occlusal rehabilitation, orthodontics, orthognathic surgery and even how we manage abnormal tooth wear. For instance, very different treatment strategies need to be considered depending on whether the wear occurred while the patient was awake, in non-rapid eye movement (NREM) or rapid eye movement (REM) stages of sleep. Dentists who manage chronic pain patients should be acutely aware of the profile differences between OSA and UARS, as well as the co-morbidity that exists between UARS and functional somatic syndromes including idiopathic pain disorders (e.g. TMD, fibromyalgia, irritable bowel syndrome, vulvar vestibulitis) in which pain amplification, psychological distress, autonomic dysfunctions and sleep abnormalities are frequently observed.

## REGISTRATION DETAILS

Registration closes on 30th June 2016. For enquiries, please contact:  
Ms Doris Wong (Tel: (65) 6772 4965; Email: [gdssec@nus.edu.sg](mailto:gdssec@nus.edu.sg)) or  
Ms Azlia Aziz (Tel: 65 6772 5258; Email: [denaaa@nus.edu.sg](mailto:denaaa@nus.edu.sg)).

### Registration Fees\*

Dentists	Students
S\$500.00	S\$100.00

\*All registration fees will be recognised as a donation towards the NUS Faculty of Dentistry's Edmund Tay Mai Hiong Endowment Fund.

### How to Register

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

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

For payment of registration 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 **30 June 2016**. A confirmation letter will be sent upon receipt of the full fee payment.

### Cancellation/Refund Policy

There will be no refunds for cancellation.

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

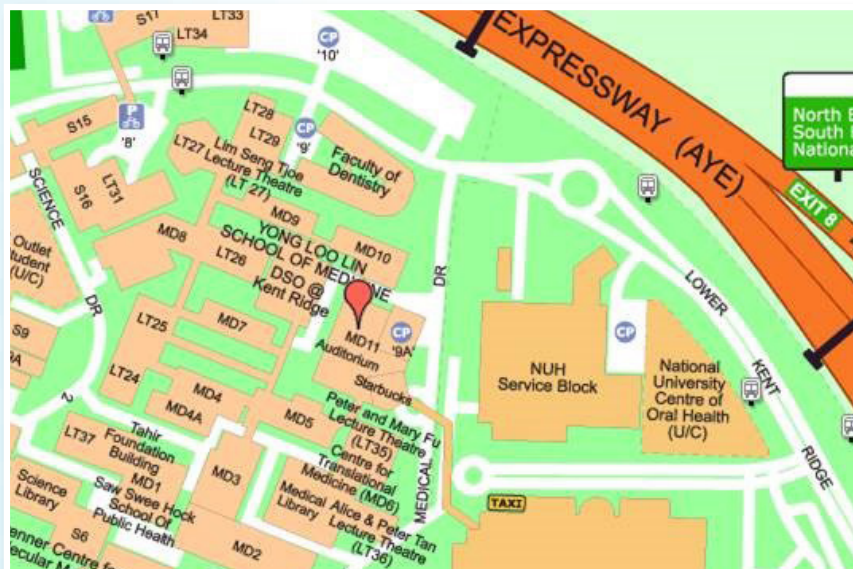
**NUS & PDPA:** Attendees should be aware that NUS, others on behalf of NUS and third parties may be taking photographs and/or videos during this event. NUS may use such photos and videos for the purpose of NUS publicity, marketing and media/social media. We may identify attendees by name in such media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



### 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)

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By fax: (65) 6778 5742

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*Thank you for your support!*



If you need to contact us,  
call Ms Sharon Lim at (65) 6772 4937 or email [denltas@nus.edu.sg](mailto:denltas@nus.edu.sg)  
call Ms Ow Yong Oi at (65) 6772 4944 or email [denowyo@nus.edu.sg](mailto:denowyo@nus.edu.sg)



**Centre for Advanced Dental Education  
Faculty of Dentistry**

**Sleep Medicine for the Dentist  
17 July 2016**

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10 Medical Drive Singapore 117597

**Registration Form**

Please register me -

Name:

Address:

Mobile No:

DCR No:

Matr. No:

(applicable to Student only)

Email:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please send the Registration Form with the Donation Form and Cheque to:

“Sleep Medicine for the Dentist”  
CADE, Faculty of Dentistry  
National University of Singapore  
11 Lower Kent Ridge Road  
Singapore 119083

**For enquiries** - please contact: Ms Doris Wong (67724965) or Ms Azlia Aziz (67725258)