

Cutting Through the Hype: Obstructive Sleep Apnea

Fatigue? Bruxism? Scalloped tongue? Your patient may have OSA, and likely does not know.

Screening and treating patients with Obstructive Sleep Apnea (OSA) is about more than giving your patients a good night's sleep. Undiagnosed/untreated OSA elevates a patient's risk for a myriad of health conditions including chronic fatigue, hypertension, heart attack, stroke, obesity, and death. In children, OSA increases the risk for misdiagnosed ADD/ADHD, stunted growth, bed wetting, learning difficulties, and teeth grinding. Many patients don't realize they have sleep-disordered breathing. Dental professionals play a critical role in screening and treating OSA. Not only can dental sleep medicine change a patient's smile, it could be instrumental in saving a patient's life.

Dr. Erika Mason's presentation brings clarity to the causes and life-altering consequences of sleep apnea. Gain the knowledge and skills to screen patients for sleep disordered breathing in your practice: From knowing the questions to ask, to analyzing the patient's oral health and airway, medical/surgical history, and behavior. Learn how to read and understand sleep studies as well as the stages of sleep. Gain verbal skills for discussing Oral Appliance Therapy (OAT) with patients and the technical skills for fitting patients for oral appliances, as well as common complications.

Learn effective marketing and dental/medical insurance billing practices. Leave the session with the knowledge and skills to screen and treat Obstructive Sleep Apnea in your patients and achieve wellness.



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sleep better
VIRGINIA



LEARNING OBJECTIVES:

AWARENESS:

- ▶ Identify the anatomical findings that indicate Obstructive Sleep Apnea (OSA)
- ▶ Discover the link between medications and medical conditions and sleep disordered breathing
- ▶ Gain knowledge of the questions to ask in screening patients for OSA
- ▶ Understand your obligation to screen patients for OSA

DIAGNOSTICS:

- ▶ Identify the various methods for properly screening sleep disordered breathing
- ▶ Analyze the various questionnaires: STOP BANG, Epworth Sleepiness Scale, Berlin Quest, Quality of Life
- ▶ Learn what a sleep study looks like and what it tells you about the patient's night sleep

FINANCIALS:

- ▶ Discover how to navigate between the dental and medical insurance worlds
- ▶ Identify the codes and proper documentation to use in filing medical insurance (including "audit proof")
- ▶ Comprehend the differences between commercial insurance vs. Medicare insurance

TREATMENT:

- ▶ Interpret American Academy of Sleep Medicine and American Academy of Dental Sleep Medicine guidelines
- ▶ Gain knowledge of the various types of oral appliances and how they work, as well as complications
- ▶ Identify the various treatment options and how to successfully incorporate OAT into your practice

Suggested Audience: Dentist, Hygienist, Full Dental Team
Suggested Format: Full or Partial Day; Lecture, Workshop, Keynote