

WAKING UP TO SLEEP

Snoring - Sleep Apnoea - Bruxism *Webinar Series*

“It's Time. Changing Lives with Oral Appliance Therapy.”



Join Dr Amanda Phoon Nguyen, Dr Harry Ball and Dr Marcus McMahon, in three, not to be missed, presentations that cover the advances in oral appliances and technology, as well as the steps required to have a successful practice in dental sleep.



Dr Marcus McMahon
Sleep Physician



Dr Harry Ball
Dentist



Dr Amanda Phoon Nguyen
Dentist



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The Topics and Presenters



Dr Harry Ball

Dentist

BDS Sc LDS (Melb) M Counselling (Latrobe)
Grad Dip Counselling & HS (Latrobe)

1

“The Simple and Proven Steps for a Successful Practice in Oral Appliance Therapy”

Dr Harry Ball is the past co-chairperson of the Dental Sleep Medicine Council of the Australasian Sleep Association. He is one of the most experienced practitioners in the world, having established SleepWise Clinic in 2001, which has now treated over 16,000 patients with oral appliances.

Dr Ball has lectured extensively for the Australian Dental Association and the ASA as well as in Europe and Asia.

“Managing side effects for successful outcomes”

2



Dr Amanda Phoon Nguyen

Dentist

BDS Sc (UniMelb), MRACDS (GDP), DClinDent (OralMed) (UWA), MRACDS (OralMed), Cert ADL, FOMAA, FPFA, FICD, FACI, MAICD

Dr Amanda Phoon Nguyen is a Perth oral medicine specialist, adjunct senior lecturer at the University of Western Australia, and a consultant at Perth Children’s Hospital.

She is the current co-chair of the Australasian Sleep Association, Dental Sleep Medicine Council and an examiner for the Royal Australasian College of Dental Surgeons.

She is also on the Board of Studies in Oral Medicine for the RACDS and vice president of the Dental Specialists Society of WA. Dr Phoon Nguyen regularly publishes and reviews for renowned journals. She has expertise in bruxism, dental sleep medicine and temporomandibular disorders.



Dr Marcus McMahon

Sleep Physician

MB,BS,FRACP

3

“An easy system to organise sleep studies for your dental patients - the missing link”

Dr Marcus McMahon graduated from Melbourne University in 1995 and is a sleep and respiratory physician obtaining his Fellowship in 2003. He practices at the Epworth Hospital in Richmond and specialises in the full range of sleep disorders, including sleep apnoea.

Dr McMahon holds a Master's degree in medical education and has been an active member of several committees for the Australasian Sleep Association and the Royal Australian College of Physicians, where he’s been a fellow since 2003.

Dr McMahon has a special interest in dental sleep medicine and is one of the reporting physicians for Dental Sleep Diagnostics.

The Areas Covered

Screening

You will have a great number of patients in your practice, as well as in the community, that would benefit from providing this service.

- Validated methods of identifying the many patients in your practice that have problems with snoring, sleep apnoea and bruxism. Over 80% of adults who have sleep apnoea are unaware they have it.
- Sleep apnoea and problematic snoring have a significant impact on quality of life and health. Identifying, diagnosing and treating these patients is often a life-changing and valuable service for the practice.

Sleep Studies

Diagnosing sleep apnoea is the most significant barrier for dentists to treat patients with oral appliances.

- Presented will be a simple, fast and cost-effective method for organising sleep studies for patients who snore or have suspected sleep apnoea.
- Following a sleep study, a local sleep physician knowledgeable in dental sleep medicine will provide a report, which includes the diagnosis and treatment recommendations. Fortunately, sleep tests such as this, specifically developed for dental patients, are now available and will be discussed in the webinar.

Treatment

- Custom-made mandibular advancement splints (MAS) and the CPAP machine have been proven to be the only two effective treatments for snoring and sleep apnoea. Dentists are fortunate to have a treatment option that is virtually as effective as the CPAP machine, yet far more comfortable.
- Breakthroughs in technology have resulted in extremely thin appliances with an exceptional fit and virtually unbreakable in the mouth. There is now a significant and increasing demand for trained dentists providing oral appliance therapy. If you are not providing this treatment, you may lose patients to dentists who are.

Fee

You can significantly increase your practice's revenue by treating the many existing patients without the need to do any external marketing. This webinar will discuss setting appropriate fees and utilising relevant item numbers for private health funds.

Bruxism

One of the most common clinical problems in dental practice is the impact of bruxism on teeth, muscles and the temporomandibular joint. There are simple methods of identifying the patients with these problems and determining the causes and management. A properly designed occlusal splint has an important role in managing patients with bruxism and will be discussed in the webinar.