Title:
Clinical Issues Surrounding Dental Management of Sleep Disordered Breathing

Objectives:
1. Understand the major differences between the 2 most common treatments of sleep apnea: CPAP and oral appliances
2. Risk assessment by the dentist for sleep disordered breathing: history and oral findings
3. Understanding the relationship of sleep bruxism, TMD, GERD and sleep apnea
4. Suggested protocol for treatment: working alongside physicians

Sleep apnea is a well-recognized disorder that increases risk factors for a wide host of medical conditions having high morbidity and mortality rates. It is estimated that 52 million Americans suffer from this condition. However, only 4.1 million people have been properly diagnosed. We as prosthodontists are skilled diagnosticians and can serve as major participants in screening patients, collaborating with physicians to manage this condition, and teaching general dentists on protocols for care and long term management. In this short presentation, differences in efficacy and compliance between CPAP and oral appliance therapy will be presented. Basic screening tools will be reviewed as well as protocols for care. Relationships between sleep bruxism, TMD, GERD and sleep apnea will be elucidated to lend an understanding on the complexity of this condition.

Biography:
Dr. Reva Barewal received her Doctorate of Dental Surgery in 1992 at the University of Toronto. In 2002 she received her specialty training in Prosthodontics at the University of Texas Health Science Center at San Antonio and completed her Masters of Science degree in Biomedical Sciences. She has conducted two clinical studies on dental implant stability during the early healing period and received first place awards for both studies independently by the American College of Prosthodontics and the Astra Tech Scientific International Group. She was an assistant professor in the Department of Biomaterials and Restorative Dentistry at OHSU from 2002-2008 where she taught and performed her clinical research. She has published several articles in the field of implant dentistry and oral appliance therapy for sleep disordered breathing. After having her two children she now devotes her time to her family and her private practice in Portland but still remains active in several dental societies and associations nationally. She continues to enjoy presenting on implant dentistry and dental sleep medicine locally and nationally and is responsible for the curriculum on oral appliance therapy in the Sleep Medicine Department at OHSU.