

PRACTICAL CLINICAL COURSES

A Service of the Gordon J. Christensen
Career Development Program

V3963

Snoring and Sleep Apnea – Prevention and Treatment

Gordon J. Christensen, DDS, MSD, PhD
Michael DiTolla, DDS & Jeff Wyscarver, RPSGT

Materials Included:

C.E. Instruction Sheet
Products List
Clinician Responsible
Goals & Objectives
Overview
Supplemental Materials
AGD Post-Test

Gordon J. Christensen
PRACTICAL CLINICAL COURSES

**PROCEDURE FOR RECEIVING
CE CREDIT FOR VIDEO COURSES**

1. Complete the enclosed Post-Test.* For each **CE Video Purchased**, one test is included. If additional tests are needed, the following fees will apply: \$25 per test for 1 additional dentist; \$10 per test for each auxiliary (dental assistants, hygienists, lab technicians - no limit on auxiliary tests). Fees can be paid either by check or credit card when tests are submitted to Practical Clinical Courses.
2. Complete the demographic information located at the end of the test.
Type of Credit:
 - a. If the applicant selects "State," PCC will issue a certificate of verification to the applicant. The applicant must then submit this certificate to their state board to obtain credit.
 - b. If the applicant selects "AGD," PCC will submit credit information to the Academy of General Dentistry and confirmation to the applicant that it has been submitted (the applicant may check their AGD transcript for verification – please allow 30 days).
 - c. If the applicant selects "Both," PCC will complete a. & b. above.
3. Return the **Post-Test portion** via mail, fax, or email. Our contact information is as follows:

Practical Clinical Courses
3707 N Canyon Road
Suite 3D
Provo, UT 84604
Fax: (801) 226-8637
info@pccdental.com

4. Practical Clinical Courses will correct the Post-Test. **Passing scores are 70% or higher.**

****TO OBTAIN CE CREDIT ONLINE:*** Login or create an account on www.pccdental.com and select "My CE Tests" from the left-side menu. Click on the video title to take the test online. **RESULTS ARE IMMEDIATE.** Missing the test? Contact us at 800-223-6569 during our business hours of 7:00 a.m. – 4:00 p.m. MST to add it to your account.

Gordon J. Christensen
PRACTICAL CLINICAL COURSES
Sources of Products Discussed in

V3963 Snoring and Sleep Apnea – Prevention and Treatment

Presented by: Gordon J. Christensen, DDS, MSD, PhD, Michael DiTolla, DDS,
& Jeff Wyscarver, RPSGT

1. **Adjustable PM Positioner**
Dental Services Group
5775 Wayzata Blvd.
Suite 890
Minneapolis, MN 55416
(800)259-3717
(952)345-6300
www.dentalservices.net
2. **ARES Unicorder**
Watermark Medical
1641 Worthington Road
Suite 320
West Palm Beach, FL 33409
(877)710-6999
www.watermarkmedical.com
3. **aveoTSD Anti-Snoring Device**
Glidewell Laboratories
4141 MacArthur Blvd.
Newport Beach, CA 92660
(800)854-7256
(949)440-2600
www.glidewelldental.com
4. **Blu-Mousse**
Parkell Inc.
300 Executive Drive

Edgewood, NY 11717
(800)243-7446
(631)249-1134
www.parkell.com
5. **Bruxism/Sleep Monitor**
DDME Inc.
1929 Corta Bella Drive
Las Vegas, NV 89134
(800)513-9337
www.DDMEonline.com
6. **CPAP**
Various Devices and
Manufacturers
7. **(CPT) Current Procedural Terminology**
American Medical Association
P.O. Box 930876
Atlanta, GA 31193-0876
(800)621-8335
<https://commerce.ama-assn.org/store/>
8. **Dorsal Appliance**
DynaFlex
10403 International Plaza Drive
St. Ann, MO 63074-1805
(800)489-4020
(314)426-4020
www.dynaflex.com
9. **EMA (Elastic Mandibular Advancement)**
Glidewell Laboratories
4141 MacArthur Blvd.
Newport Beach, CA 92660
(800)854-7256
(949)440-2600
www.glidewelldental.com
10. **Embletta X100**
Sleep Group Solutions
2035 Harding Street
Suite 200
Hollywood, FL 33020
(855)475-3374
www.sleepgroupsolutions.com
11. **Full Breath Solution Appliance**
Full Breath Solution
18399 Ventura Blvd.
Suite 234
Tarzana, CA 91356
(818)702-9048
www.fullbreathcenter.com
12. **Full Breath Solution Appliance**
Space Maintainers Laboratory
9129 Lurline Avenue
Chatsworth, CA 91311
(800)423-3270
(818)998-7460
www.appliancetherapy.com
13. **George Gauge**
Space Maintainers Laboratory
9129 Lurline Avenue
Chatsworth, CA 91311
(800)423-3270
(818)998-7460
www.appliancetherapy.com

14. **Herbst Sleep Appliance**
Great Lakes Orthodontics, Ltd.
200 Cooper Avenue
P.O. Box 5111
Tonawanda, NY 14151-5111
(800)828-7626
(716)871-1161
www.greatlakesortho.com
15. **(ICD) International Classification of Diseases**
American Medical Association
P.O. Box 930876
Atlanta, GA 31193-0876
(800)621-8335
<https://commerce.ama-assn.org/store/>
16. **Klearway Appliance**
Great Lakes Orthodontics, Ltd.
200 Cooper Avenue
P.O. Box 5111
Tonawanda, NY 14151-5111
(800)828-7626
(716)871-1161
www.greatlakesortho.com
17. **Lamberg Sleepwell Appliance**
Space Maintainers Laboratory
9129 Lurline Avenue
Chatsworth, CA 91311
(800)423-3270
(818)998-7460
www.appliancetherapy.com
18. **NAPA (Nocturnal Airway Patency Appliance)**
Great Lakes Orthodontics, Ltd.
200 Cooper Avenue
P.O. Box 5111
Tonawanda, NY 14151-5111
(800)828-7626
(716)871-1161
www.greatlakesortho.com
19. **Narval CC Appliance**
Great Lakes Orthodontics, Ltd.
200 Cooper Avenue
P.O. Box 5111
Tonawanda, NY 14151-5111
(800)828-7626
(716)871-1161
www.greatlakesortho.com
20. **NORAD (Nocturnal Oral Airway Dilator)**
Sleep Group Solutions
2035 Harding Street
Suite 200
Hollywood, FL 33020
(855)475-3374
www.sleepgroupsolutions.com
21. **O2 OASYS Oral/Nasal Airway System**
Dream Systems Dental Lab
720 Sunrise Avenue
Suite 230-A
Roseville, CA 95661
(916)865-4528
(916)872-9569
www.dreamsystemsdentallab.com
22. **Silent Nite sl**
Glidewell Laboratories
4141 MacArthur Blvd.
Newport Beach, CA 92660
(800)854-7256
(949)440-2600
www.glidewell.com
23. **Snore Guard**
Pro-Tex International, Inc.
5038 Salida Blvd.
P.O. Box 1038
Salida, CA 95368
(800)680-9361
(209)545-1691
www.protexfaceshields.com
24. **SnoreRx**
StopSnoring LLC
27071 Cabot Road
Building 118
Laguna Hills, CA 92653
(888)330-8791
(949)226-4421
www.snorerx.com
25. **SomnoDent**
SomnoMed, Inc.
7460 Warren Pkwy
Suite 190
Frisco, TX 75034
(888)447-6673
(972)377-3400
www.somnomed.com
26. **TAP 3 Elite**
Airway Management
3418 Midcourt Road
Suite 114
Carrollton, TX 75006
(866)264-7667
(214)369-0978
www.tapintosleep.com
27. **TAP (Thornton Adjustable Positioner)**
Airway Management
3418 Midcourt Road
Suite 114
Carrollton, TX 75006
(866)264-7667
(214)369-0978
www.tapintosleep.com
28. **The Moses Appliance**
Modern Dental Laboratory USA
13228 SE 30th Street
Suite C-6
Bellevue, WA 98005
(877)711-8778
www.moderndentalusa.com

29. **The Silencer**
Silencer Products International Ltd.
805 West Broadway
Suite 507
Vancouver, BC V5Z 1K1
CANADA
(800)399-4659
www.the-silencer.com

30. **TheraSnore**
Distar LLC
7208 Jefferson Street N.E.
Suite B
Albuquerque, NM 87109
(800)477-6673
(505)299-9172
www.distar.com

31. **WatchPat**
Itamar Medical Inc.
842 Upper Union Street
Suite 2
Franklin, MA 02038
(888)748-2627
www.itamar-medical.com

Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.

Gordon J. Christensen Practical Clinical Courses, 3707 North Canyon Road, Suite 3D, Provo, UT 84604
Toll Free (800) 223-6569 or Utah Residents (801) 226-6569

The techniques and procedures on this videotape are intended to be suggestions only. Any licensed practitioner viewing this presentation must make his or her own professional decisions about specific treatment for patients. PCC is not responsible for any damages or other liabilities (including attorney's fees) resulting, or claimed to result in whole or in part, from actual or alleged problems arising out of the use of this presentation.

PROGRAM

V3963 Snoring and Sleep Apnea – Prevention and Treatment

CLINICIANS RESPONSIBLE:

Gordon J. Christensen, DDS, MSD, PhD

Founder and CEO, Practical Clinical Courses
Senior Consultant & Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah

Michael DiTolla, DDS

Director of Clinical Research and Education at Glidewell Laboratories

Jeff Wycarver, RPSGT

President of DDME

GOALS & OBJECTIVES

At the completion of this video presentation, participants should be able to accomplish the following:

1. Discuss the incidence and significance of snoring.
2. Discuss the incidence and significance of sleep apnea.
3. Discuss the interrelationship of snoring and obstructive sleep apnea.
4. List the suggestions provided by the American Academy of Sleep Medicine Position Paper.
5. Discuss how treating snoring can increase sleep apnea.
6. List the sequence for diagnosis and treatment planning for snoring and sleep apnea.
7. List several potential treatments for snoring and sleep apnea.
8. Discuss mandibular advancement appliances.
9. Describe appliances that pull the tongue forward.
10. Describe appliances that depress the tongue.
11. Describe how the CPAP works.
12. Discuss the relative success of the various types of treatment for snoring and sleep apnea.
13. Discuss the relationship of obstructive sleep apnea to bruxism and periodontal disease.
14. Discuss the relationship of obstructive sleep apnea to diabetes, stroke, and obesity.
15. Describe the process of integrating snoring and sleep apnea into a busy practice.
16. Discuss fees for sleep medicine procedures.
17. List the tasks relative to diagnosing and treating snoring and sleep apnea that can be delegated to qualified staff persons.
18. List example medical insurance codes for sleep apnea.
19. Discuss submitting reimbursement claims to medical insurance companies.
20. Discuss which types of practitioners are involved in a sleep medicine team.

OVERVIEW

V3963 Snoring and Sleep Apnea – Prevention and Treatment

This video is intended to be a condensed overview of sleep medicine, emphasizing dental sleep medicine. The following and other topics are included in the video:

- Incidence and significance of snoring
- Incidence and significance of sleep apnea
- The interrelationship of snoring and obstructive sleep apnea
- The American Academy of Sleep Medicine Position Paper on snoring and sleep apnea
- Can treating snoring increase forms of sleep apnea?
- Which type of practitioner treats snoring or sleep apnea?
- Suggested sequence for diagnosis and treatment planning
- What is the physiological mode of action for treating snoring and sleep apnea?
- Treatments for snoring and obstructive sleep apnea
- Mandibular advancement appliances
- Appliances that pull the tongue forward
- Tongue depressing devices
- CPAP and other similar devices
- Research comparison of treatment methods
- Relationship of snoring and obstructive sleep apnea to bruxism and periodontal disease
- Relationship of snoring and sleep apnea to diabetes, stroke, and obesity
- Integrating sleep medicine into a busy practice
- Using a team approach for treatment
- Demonstration of impressions, interocclusal records, and appliance delivery
- Fees for sleep medicine treatment
- Example of medical and dental codes for sleep medicine
- Submitting costs to dental and medical benefit plans

SUPPLEMENTAL MATERIALS

V3963 Snoring and Sleep Apnea – Prevention and Treatment

1. Ezzedini R, Darabi M, Ghasemi B, Fayezi S, Moghaddam YJ, Mehdizadeh A, Abdollahi S, Gharahdaghi A. Tissue fatty acid composition in obstructive sleep apnea and recurrent tonsillitis. *Int J Pediatr Otorhinolaryngol*. 2013 May 2. pii: S0165-5876(13)00151-1. doi: 10.1016/j.ijporl.2013.03.033. [Epub ahead of print]
2. Fan JF, Fan WW, Gu YH, Zhang YK, Huang WG, Hou Y, Lv W, Zhou L, Li R. The relationship between abdominal fat volume and obstructive sleep apnea hypopnea syndrome in obesity people. *Zhonghua Zheng Xing Wai Ke Za Zhi*. 2013 Jan;29(1):37-9.
3. Borrie F, Keightley A, Blacker S, Serrant P. Mandibular advancement appliances for treating sleep apnoea/hypopnoea syndrome. *Evid Based Dent*. 2013 Mar;14(1):27-8. doi: 10.1038/sj.ebd.6400921.
4. Chirakalwasan N, Ruzicka DL, Burns JW, Chervin RD. Do snoring sounds arouse the snorer? *Sleep*. 2013 Apr 1;36(4):565-71. doi: 10.5665/sleep.2546.
5. Blesch L, Breese McCoy SJ. Obstructive Sleep Apnea Mimics Attention Deficit Disorder. *J Atten Disord*. 2013 Mar 25. [Epub ahead of print]
6. Apaydin M, Ayik SO, Akhan G, Peker S, Uluc E. Carotid intima-media thickness increase in patients with habitual simple snoring and obstructive sleep apnea syndrome is associated with metabolic syndrome. *J Clin Ultrasound*. 2013 Mar 14. doi: 10.1002/jcu.22040. [Epub ahead of print]
7. Spencer J, Patel M, Mehta N, Simmons HC 3rd, Bennett T, Bailey JK, Moses A. Special consideration regarding the assessment and management of patients being treated with mandibular advancement oral appliance therapy for snoring and obstructive sleep apnea. *Cranio*. 2013 Jan;31(1):10-3.
8. MacKay SG, Carney AS, Woods C, Antic N, McEvoy RD, Chia M, Sands T, Jones A, Hobson J, Robinson S. Modified uvulopalatopharyngoplasty and coblation channeling of the tongue for obstructive sleep apnea: a multi-centre Australian trial. *J Clin Sleep Med*. 2013 Feb 1;9(2):117-24. doi: 10.5664/jcsm.2402.
9. Camargo EP, Carvalho LB, Prado LB, Prado GF. Is the population properly informed about sleep disorders? *Arq Neuropsiquiatr*. 2013 Feb;71(2):92-9. Epub 2013 Jan 8.
10. Ivanoff CS, Hottel TL, Pancratz F. Is there a place for teaching obstructive sleep apnea and snoring in the predoctoral dental curriculum? *J Dent Educ*. 2012 Dec;76(12):1639-45.
11. Usmani ZA, Chai-Coetzer CL, Antic NA, McEvoy RD. Obstructive sleep apnoea in adults. *Postgrad Med J*. 2013 Mar;89(1049):148-56. doi: 10.1136/postgradmedj-2012-131340. Epub 2012 Nov 17.

SUPPLEMENTAL MATERIALS (Cont'd)

V3963 Snoring and Sleep Apnea – Prevention and Treatment

12. Simpson L, Hillman DR, Cooper MN, Ward KL, Hunter M, Cullen S, James A, Palmer LJ, Mukherjee S, Eastwood P. High prevalence of undiagnosed obstructive sleep apnoea in the general population and methods for screening for representative controls. *Sleep Breath*. 2012 Nov 16. [Epub ahead of print]
13. Zicari AM, Marzo G, Rugiano A, Celani C, Carbone MP, Tecco S, Duse M. Habitual snoring and atopic state: correlations with respiratory function and teeth occlusion. *BMC Pediatr*. 2012 Nov 7;12:175. doi: 10.1186/1471-2431-12-175.
14. Brette C, Ramanantsoa H, Renouardiere J, Renouardiere R, Roisman G, Escourrou P. A mandibular advancement device for the treatment of obstructive sleep apnea: long-term use and tolerance. *Int Orthod*. 2012 Dec;10(4):363-76. doi: 10.1016/j.ortho.2012.09.001. Epub 2012 Oct 31.
15. Gauthier L, Almeida F, Arcache JP, Ashton-McGregor C, Coté D, Driver HS, Ferguson KA, Lavigne GJ, Martin P, Masse JF, Morisson F, Pancer J, Samuels CH, Schachter M, Sériès F, Sullivan GE. Position paper by Canadian dental sleep medicine professionals on the role of different health care professionals in managing obstructive sleep apnea and snoring with oral appliances. *Can Respir J*. 2012 Sep-Oct;19(5):307-9.
16. Rostorotskaia VV, Ivanov AP, Élgardt IA. Total risk for coronary events in cardiac patients due to snoring, daytime drowsiness, and obstructive sleep apnea syndrome. *Ter Arkh*. 2012;84(9):76-9.

POST-TEST

V3963 Snoring and Sleep Apnea – Prevention and Treatment

1. Patients who snore:
 - a. always have sleep apnea.
 - b. never have sleep apnea.
 - c. may or may not have sleep apnea.
 - d. are usually under normal weight.

2. Third-party payment for snoring is:
 - a. available from dental insurance companies.
 - b. available from medical insurance companies.
 - c. available from both dental and medical insurance companies.
 - d. not available from dental or medical insurance companies.

3. Periodontal disease:
 - a. is always present before sleep apnea appears.
 - b. is not negatively influenced by mouth breathing.
 - c. is associated with the presence of sleep apnea.
 - d. is not associated with the presence of sleep apnea.

4. CPAP devices are:
 - a. the “gold standard” for treatment of sleep apnea.
 - b. often not well tolerated by patients.
 - c. not the most commonly used treatment for snoring.
 - d. all of the above.

5. Third-party payment for sleep apnea is:
 - a. available from dental insurance companies.
 - b. available from medical insurance companies.
 - c. available from both dental and medical insurance companies.
 - d. not available from dental or medical insurance companies.

6. It has been recommended that dentists:
 - a. are not solely responsible for diagnosis and treatment of sleep apnea.
 - b. should treat some forms of sleep apnea as diagnosed by a Board Certified Sleep Physician.
 - c. are not the recommended diagnosticians for central sleep apnea.
 - d. all of the above.

7. Snoring has been shown to be associated with:
 - a. stroke.
 - b. diabetes.
 - c. obesity.
 - d. all of the above.

POST-TEST (Cont'd)

V3963 Snoring and Sleep Apnea – Prevention and Treatment

- 8. Mandibular advancement appliances:
 - a. stabilize the mandible forward in protrusive about 1mm.
 - b. always have the mandibular and maxillary portions rigidly connected.
 - c. move the mandible forward up to 70% of the distance from centric relation to extreme protrusive.
 - d. open the mandible at least 10 mm.

- 9. Various types of oral appliances:
 - a. move the mandible forward into the protrusive position.
 - b. pull the tongue forward.
 - c. depress the tongue.
 - d. all of the above.

- 10. Research comparing clinical success for the various treatments for snoring and sleep apnea show:
 - a. only three of the mandibular advancement devices are effective.
 - b. CPAP to be the most effective, but often not tolerated by patients.
 - c. pulling the tongue forward is the most effective treatment.
 - d. sleeping on one's back reduces snoring.

PLEASE PRINT

Name _____

Name of video purchaser (if different from above) _____

Address _____

City/State/Zip _____

Phone No. _____

Email _____

Indicate which type of credit you wish to obtain: AGD State Both

State License No. _____ AGD No. _____

Payment information Visa American Express Mastercard Discover

Card # _____ - _____ - _____ - _____ Expires ____/____/____ CVV2-Code: _____

The test is complimentary for the purchaser. *If you require CE tests for staff members or an additional doctor to receive credit, the fees are:*

Dentist (limit 1 additional dentist per video purchase): \$25

Auxiliary (no limit): \$10 for each auxiliary taking test