

Dr. James E. Metz

Providing Solutions for Complex Dental Problems

The Metz Center for Sleep Dentistry | 1271 E. Broad St. | Columbus, OH 43205 | 614.252.4444 | www.themetzcenter.com

Step Up to Advanced Sleep Dentistry

April 2014

Impressive April Course

Dr. James Metz and The Metz Center for Sleep Dentistry were pleased to welcome so many doctors, technicians and staff to the Embassy Suites in Columbus, Ohio the weekend of April 4th & 5th for our Step Up to Sleep Dentistry course.

“This, my second “Metz seminar”, and it put so many of the puzzle pieces together for me. The review of pulse oximetry and the reading of the reports helped clear up so many of the cases I have been struggling through. You have developed, in my opinion, THE seminar that any dentist interested in pursuing obstructive sleep apnea MUST attend (and not just once).”

George “Pete” Richards, DDS, MAGD



Read the reviews!

Dr. Jay Wallin continues his quest to unify medical and dental professionals in the crusade to identify and treat those with obstructive sleep apnea. Using an oral appliance to address his OSA gives him insight into the benefits of appliance therapy. As a practicing Internist, he deals with patients every day who suffer from hypertension, type 2 diabetes mellitus, and many other conditions that could benefit from having their sleep-disordered breathing addressed. Dr. Wallin is seeing more mandibular advancement appliances being used by patients while on his rounds, and affords him comfort to know that these individuals will do better because they are breathing better during sleep.

Dr. James Metz continues to add to his body of clinical experience and expertise by caring for obstructive sleep apnea and TMD patients. He is gaining incredible insight into the titration and treatment process with oral appliance therapy with the combined use of *lateral cephalometric radiography and high-resolution pulse oximetry*. Putting it all together, Dr. Metz addresses the three aspects of titration when treating sleep patients with mandibular advancement appliances: the horizontal protrusion, the vertical dimension, and gastroesophageal reflux disease (GERD). The hyoid bone is viewed in a new light as Dr. Metz discusses the variety of outcomes when dealing with hyoid position.

Dr. Gilles Lavigne combines the worlds of academia and sleep research, clinical practice and treatment of patients, and education of predoctoral students.

His contribution to sleep's body of knowledge is vast, having published hundreds of papers on wide-ranging topics pertinent to sleep-disordered breathing and parasomnias. He gives a thorough foundation of sleep, sleep disorders, and sleep disturbances (arousals). He details the consequences and comorbidities of obstructive sleep apnea, and covers



Dr. James Metz shared his expertise about OSA.

an extensive list of treatment options, including positional therapy, sleep hygiene, mandibular advancement appliances, CPAP, surgical options and pharmacologic agents. Dr. Lavigne's treatment of sleep bruxism, temporomandibular disorder, muscle and pain issues, and rhythmic masticatory muscle activity (RMMA) is impressive. He discusses the TMD patient as experiencing respiratory effort related arousals (RERAs), putting these individuals on the early spectrum of sleep-disordered breathing.

"Dr. Lavigne was a real joy to listen to and shared a lot of great information!"

"Very knowledgeable scientist & entertaining speaker."

"His presentation was awesome...a lot to ponder."

Mr. Markus Rogan is a two-time Olympic silver medalist for his native Austria, and working toward his doctor of philosophy in psychology. Through his work with the therapy patients he assists at UCLA, he has gained important insight into various aspects of depression, anxiety, addiction, positive image and self-esteem. As a patient who uses the Lionbreather™ appliance, he can speak first hand to the benefits of enhancing his oxygenation during training and performance. Mr. Rogan emphasizes the importance of focusing on the moment that one is in to maximize personal interactions.

"Markus was truly enlightening! I felt honored to be in that room, sharing interacting and listening to such a humble man. After 8-10 hours in lecture, what a treat it was have great food, beverages and get to listen to a wonderful entertaining speaker! Funny, thought provoking and full of the stated PASSION! He had all of our full attention from the get-go and we wanted MORE!"

"Markus Rogan was the icing on the cake. I will forever look at my patients who are on depression or anxiety medications with a new sensitivity. I have a more sensitive understanding of the effects that TMD and obstructive sleep apnea can have on a persons personality and behavior."



Markus Rogan (left) and Dr. James Metz at the Friday evening event.



Dr. Metz welcomed guests to this special event.



Markus Rogan (left) asked Chris Takacs (right) to assist in a demonstration during his presentation.

Dr. Mickey Harrison packs a great deal of information into a short window. The amount of content concerning obstructive sleep apnea is vast; he is able to distill the literature down into useful articles that give strong baseline knowledge. The course thumb drive is a treasure trove, and will occupy anyone seeking to further their understanding for months.

"Dr. Harrison's The Top Ten presentation was my favorite part of the course...very helpful as a guide to into the research! Would love to hear this at every meeting and more of it!"

Dr. James Blank provides a window into how a successful sleep medicine practice can be integrated into a general dental practice. His systems and protocols for assessing and treating sleep and TMD patients are tried and true. Dr. Blank is proof that treating sleep patients is not only possible within a dental practice, but also *necessary* if one is concerned for the patient's overall health and well-being. Addressing airway issues also enhances the longevity of any restorative treatment provided. He is a valuable resource for educating the members of the dental team as well, to ensure that the dental sleep practice is maximizing its potential.

"Dr. Blank presented the clinical side of sleep apnea in an easy to understand way that really pulled things together for me for the first time. Very Practical application from the Metz staff....so helpful & genuine! The

breakout session for staff is excellent...I learned so much and got some great ideas for all areas of the practice. These staff members know their Dental STUFF!"

Staff-on-Staff Training was held the entire day on Saturday (training which is extremely important for implementing the new ideas in the office), and the science and practice of Sleep Medicine in a dental environment was taught for two days with great presentations.

"What I found most helpful was the fact that I brought my staff...it was great to bring them and introduce them to the world of sleep and encourage my drive towards sleep medicine! Thanks Metz team!"

"For the first time staff and even for ME (alumni Dr.) we finally GOT it! Incredible information...keeps getting better and better!"



Dr. Turbyfill and Dr. Vence were in attendance.



The Metz "Staff Training" Team.



Dr. Vence and Dr. Metz after the Friday evening event.

We invite you to attend the next course of Step Up to Advanced Sleep Dentistry scheduled on **Friday, October 24th and Saturday, October 25th, 2014** in Columbus, Ohio. If you have any questions regarding this 2014 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com

"Thank you again for another great course!"

James R. Stewart, Jr., DDS