

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 Introductory and Advanced Sleep Dentistry

April 2015

New Format Well Received

The new format of our April 2015 Step Up course featuring Introductory, Advanced and Specialized tracks of study was a great success! Dr. James Metz and The Metz Center for Sleep Dentistry were pleased to welcome over 20 speakers to the course held the weekend of April 10 and 11 at the Embassy Suites in Columbus, Ohio. Doctors, technicians and staff were in attendance and utilized the different tracks to reinforce their patient and office skills, increase their depth of knowledge of sleep dentistry, and incorporate new technologies and concepts into their practices.



Alumni were in full force with 25% of the professionals present returning to another exceptional Step Up course offered by Dr. Metz. Attendees traveled from 10 states (*Ohio, Illinois, Kentucky, New York, Virginia, Arkansas, Oklahoma, Wisconsin, Texas and California*) because of their interest in helping their patients sleep better and live fuller, healthier lives, while adding an ideal revenue stream to their practices.

“I appreciated the Quality, Quantity and Presentation of very relevant information. I applaud Dr. Metz for the direction he is taking sleep medicine. The extent of information presented - clinical, research, what’s on the horizon, anatomy, physiology and pathophysiology - is what was most beneficial to me at this course. This was an outstanding course - an excellent blend of speakers with some very thought provoking subjects were present and an environment for the open exchange of information was created.”

Richard B. Dunn, DDS

“Attending the Step Up weekend again helps to reinforce what I have learned over the course of 2 years. And it is always good to hear new ideas, things are changing, new things continue to be discovered regarding sleep apnea.”

T.G., general dentist

“Our practice is in a small community so we want to bring the awareness of sleep dentistry to the area. Many people do not know much more about sleep apnea treatment other than CPAP so it is good to bring the dental aspect of treatment to our community.” J.H., hygienist



Dr. Ronald Harper and Dr. James Metz

Dr. Ronald Harper, principal investigator and professor of neurobiology at the David Geffen School of Medicine at UCLA, was the featured guest speaker on Saturday. His topic of Brain Damage and Memory Loss Attributed to Sleep Disorders was a highly anticipated event. Dr. Harper did not disappoint!

“Dr. Harper’s presentation provided so much new and valuable knowledge about sleep medicine.”

“All of the speakers were good but Dr. Ronald Harper stood out the most for me!”

The primary objective of Dr. Harper’s research program is to determine the neural mechanisms that underlie the control of breathing and cardiovascular action during sleep. UCLA scientists have discovered that patients suffering from obstructive sleep apnea show gray matter loss in brain areas that regulate breathing and speech.

The expanded Pulse Oximetry and Tritation session presented by Dr. James Metz was also a huge draw for attendees. Dr. Metz continues to answer the many questions that dentists across the nation have about the HRPO device, the related software and the reports generated. Dr. Metz is gaining incredible insight into the titration and treatment process with oral appliance therapy. Dentists became more confident in reading HRPO reports by learning from actual patient cases.

“The biggest reason I attended this April course is because Dr Metz offered an extended course on the Pulse Oximetry. I do not use this in my practice now, but I want to incorporate it in the future.”

“Being able to better understand and interpret the pulse oximetry is the most helpful to my practice at this time.”



Dr. Jay Wallin & Dr. James Metz at the course introduction.



Metz Center staff, Megan Bacome, RDH, Treatment Coordinator Chris Takacs and Angie Rock, Business manager



Dr. Tom Gromling learns more about HRPO devices from Amy Antolic.

Staff training is extremely important for implementing the new ideas in the office, and the science and practice of Sleep Medicine in a dental environment. 35% of doctor attendees brought their staff to the course.

“My favorite speaker was Chris Takacs because he was really on top of his role and was a strong communicator.”

“Medical billing is always changing. Any new information about billing practices is very helpful for our office.”



Todd Bacome, Metz Center Laboratory Manager chats with speaker Dr. Frank Seaman.



Dr. Theodore Belfor joins in the Open Discussion during a morning session.



Faculty Speakers Dr. Brian Vence and Dr. Mickey Harrison

We invite you to attend the next course of Step Up to Introductory and Advanced Sleep Dentistry scheduled on **Friday, October 23 and Saturday, October 24, 2015** in Columbus, Ohio. If you have any questions regarding this 2015 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com



Dr. James Blank and Dr. David Silk prior to Dr. Blank's Introductory Track presentation.



Louise MacDonald presenting the topic Creating Airflow.



Orthodontic Track speakers Dr. Nelson Diers and Dr. Gene Williamson.