

Dr. James E. Metz

Providing Solutions for Complex Dental Problems

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Step Up to Advanced Sleep Dentistry

November 2013

The Course results are in!

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 November 1st and 2nd for our Step Up to Sleep Dentistry course.

- Largest total attendance to date
- Over 100 attendees including 35 staff attendees and 20 Step Up Alumni attendees
- 5 outstanding vendors
- Minolta 300i Oximeter representative was available for on-site ordering
- Over 15 exciting speakers

You speak. We listen!

...changes made to this session to improve our course series:

- New High Lumen Projector and Wide Screen (20' wide and 8' tall)
- Flip charts and flash drives for ALL attendees
- Improved flash drive quality - Mac and PC friendly
- Updated forms and literature included on flash drives
- Updated definitions & terms
- Food allergy special menus as requested

Read the reviews!

"I thought that the course was the best you have offered yet. The wonderful variety of speakers kept me interested throughout. Finally, your hospitality is beyond compare. Once again I'm glad I was there."

Dr. Jack Stellpflug

Dr. Brian Vence gives an understanding to growth and developmental situations that lead to sleep-disordered breathing and progression of disease severity as people age. His surgically facilitated orthodontic therapy is an innovative technique that involves a team approach to help create more space for an individual's tongue, as well as to enhance dental relationships prior to commencing full-mouth reconstruction.



Dr. Brian Vence presenting on our new wide format screen.

"This past weekend was a fantastic course by the Metz Center in Columbus, Ohio! Those that attended can

attest to the quality of the speakers and information.”

Dr. Jay Wallin is a breath of fresh air! He is in the trenches fighting for the health of his patients every day, and is imploring dentists to join him in this overwhelming task. Dr. Wallin speaks from personal experience as an obstructive sleep apnea patient, and as an Internist who realizes the benefit his patients can gain from oral appliance therapy for OSA, in helping resolve or minimize the effects of all the co-morbid conditions associated with sleep-disordered breathing.

Dr. Rosemary Loomis has such a simple, yet fundamentally basic and impactful message: Treat those around you as you would want to be treated. Compassion goes a long way in most aspects of life, but the dental patient who is fearful, embarrassed, in pain, exhausted and not breathing well while sleeping deserves an especially large dose. With the blessings we enjoy in professional and personal life as dentists, we can really touch and affect those we interact with, especially as we do so compassionately.

Dr. James Metz is a vast reservoir of knowledge and clinical experience when it coming to treating TMD and sleep-disordered breathing patients. His work with oral appliance therapy drove him to the current evolution of the Metz Appliance, and all of the benefits it provides for the patients who use it. High-resolution pulse oximeters should be on the top of the list of any sleep dentist’s armamentarium, to screen, monitor and titrate their patients; Dr. Metz really distills it down to a useful and telling report. Stress is the crux of OSA, and Dr. Metz hopes to share that knowledge with all that he encounters.

“Everyone is always hungry for your discussion of HRPO reports and you didn’t let us down.”

Dr. Mark Splaingard gives a very comprehensive discussion on pediatric obstructive sleep apnea. From how to appropriately interact with the children, to treatment modalities including surgical intervention, rapid maxillary expansion, and CPAP, his information is on point. The effects of SDB on neurocognitive dysfunction in children are astounding.

Mr. Roger Price is an engaging speaker with an interesting perspective. Sleep medicine typically focuses on oxygenation, but as Newton’s third law dictates, the role of carbon dioxide is just as important to a person’s well-being, and breathing correctly is as important during the day as it is at night.

“The highlights of course were Roger Price and Dr. Sapolsky. We seldom get the opportunity to rub elbows with that kind of brilliance. Roger Price was provocative. His is a message we should all be exposed to. The physiology of O2 transport, CO2 and breathing disruption as he explains it is truly a new window to view through.”

Dr. Michael Simmons brings his wealth of knowledge to the topic of snoring, with the take-home message that snoring is NOT benign. With 100 million snorers and their bed partners and family members, snoring affects the majority of the U.S. population. Aside from the social consequences of affecting a bed partner, the potential adverse health outcomes are dangerous and life-threatening.

Dr. James Blank has successfully integrated sleep medicine into his dental practice. His insight is very knowledgeable when going over case presentations that he has personally managed. He is an example of what is possible for a dental professional embarking on the treatment of sleep patients, as well as providing comprehensive restorative care. Taking care of the airway will help ensure maximum longevity on any restorative dentistry provided!

“Dr. Blank was my favorite speaker during the Staff Day! I felt he gave us ‘real’ information that I can actually use and take back to my practice.”

Janell

Mr. Bill Myers brings a unique perspective as a sleep technician, and now treatment coordinator in Dr. Metz’s Dental Sleep practice. Sleep technicians’ involvement in dentistry will make patient care more seamless and easier to navigate.

Mr. Craig Pickerill highlights the lack of success that sleep medicine has



Dr. Robert Sapolsky and Dr. James Blank
“We seldom get the opportunity to rub elbows with that kind of brilliance.” said Blank

historically experienced by treating OSA patients with CPAP. Continuous positive airway pressure is highly successful when used, but failures and intolerance are pervasive in the long-term course of treatment. He demonstrates that the future is bright for dentistry as a major component in sleep medicine, being able to provide well-tolerated and effective oral appliance therapy to OSA patients.

Dr. Nelson Diers has very pertinent information about the importance of early intervention in pediatric patients with sleep issues. They need to be screened at 30 months of age, with three simple questions: 1. Do they breathe through the mouth? 2. Do they snore? 3. Are there witnessed apneic events? If the answer is yes, they need intervention. Otherwise, the child risks suffering neurocognitive deficits, which present by age 4 and worsen at age 7. Dr. Diers also stresses that “tongue position is the glue between the dental and medical profession,” emphasizing how much dentistry can impact tongue position, and ultimately, patient health.

Mr. Chris Takacs is experienced as both a treatment coordinator in the Sleep practice, and a laboratory technician in the fabrication of Metz Appliances. He is brilliant at melding the laboratory and clinical aspects of oral appliance therapy for OSA patients, as far as patient examination in conjunction with Dr. Metz, screening and data interpretation, appliance fabrication, insertion, and adjustment.

“Chris Takacs was the top speaker in my eyes during the Staff Day! He was confident and knowledgeable. I learned the most from him. Enjoyed meeting for the Staff only day...learned so much from your team and felt so comfortable asking questions! Thank you!”

Sasha

Staff-on-Staff Itinerary drew the largest number of staff member attendees ever. In the end, the staff was trained an entire day on Saturday (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.

Dr. Robert Sapolsky is brilliant! His knowledge of stress and its impact on the body is immense, and his writing on stress reads like a primer on the consequences of untreated obstructive sleep apnea. Cortisol is ultimately responsible for much of our country’s health ailments. He also has an insightful perspective on addiction disorders. What an honor to be a part of his discussion with Dr. Metz.

“I thought about all the speakers that I really wanted to hear and Sapolsky is the one. The stress response is the bottom line for sleep... and life. His research at Stanford has brought great praise...enough for National Geographic to spotlight his work in the Explorer series.”

Dr. James Metz

“Friday was a real treat, listening to truly concerned practitioners and researchers, and The HIGHLIGHT of it ALL was ROBERT SAPOLSKY on Friday evening. Dr. Sapolsky covered topics such as “the stress response”, the “Dutch Hunger Winter”, the use of anti-inflammatories and Alzheimer’s, genesis of neurons by the brain, the frontal cortex, substance addiction, dopamine, and more. It was action packed with information all in about 90 minutes. What a brilliant man, with a great sense of humor. The format was very casual with Dr. Metz interviewing him with mostly open-ended question. He also took many questions from the audience. Hopefully everyone, someday, will get to hear him speak live.”

Dr. Jim Blank



Guest speaker Dr. Robert Sapolsky on stage with Dr. Metz for an exciting and interesting Q&A.

We invite you to attend the next course of Step Up to Advanced Sleep Dentistry scheduled on Friday, April 4th and Saturday, April 5th, 2014 in Columbus, Ohio. If you have any questions regarding the 2014 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com