

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

November 2015

Always New, Always Fresh, and Always Cutting Edge

The format of our Step Up continuum featuring Introductory, Advanced and Specialized tracks of study continued to prove to be successful. 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 October 23th & 24th, 2015.

“Jim, you continue to amaze me with your knowledge and passion! Congratulations on putting together one of the best programs I have ever attended. Interacting with all of the attendees was beneficial. Thank you for inviting me to speak”
Dr. John Tucker



“It was eye opening to understand the prevalence of sleep disorders in our society.”

“Excellent overall diversity and quality of speakers. Thanks for a positively impactful weekend!”

“I gained great knowledge on how to identify sleep disorder patients in our own practice.”



Dr. Barry Krakow in discussion with Pat McBride.

Dr. Barry Krakow, Medical Director and Principal Investigator of the Sleep and Human Health Institute, Medical Director for Maimonides Sleep Arts and Sciences, Ltd., and founder of the Nightmare Treatment Center, all in Albuquerque, New Mexico, was this session's featured guest speaker. Attendees were eager to learn more about the connection between insomnia and undiagnosed sleep disorders.

“Dr. Krakow gave us great new information on insomnia to take home Monday and use immediately.”

“Dr. Barry Krakow was a strong speaker!”

“The discussion about the connection between sleep disorders and metabolic disease and morbidity was enlightening.”

First time speaker, Pat McBride, was very well received. The Faculty Speakers continue to share vital experience and information regarding so many aspects of sleep dentistry.

“As a doctor just getting started, Pat McBride gave me the most practical ‘do this’ information in her ‘The Evaluation’ presentation.”

“Pat McBride’s lecture style and passion was refreshing. She really motivated me.”

“Pat McBride shared real methods in practice, informed staff of what they should know and what CE they should attend.”



Dr. James Metz and Pat McBride.



Dr. James Metz (left) and Dr. Frank Seaman



Dr. Marcia Greene and Dr. James Blank



Dr. Ken Berley and Dr. Mickey Harrison.

“I appreciated the practical and concise information that Gene Williamson presented.”

“Dr. John Tucker gave me great information.”

“The course was a real eye opener! Great information was shared along with comprehensive solutions.”

“Dr. Blank offered very practical information and Dr. Metz gave his usual superb performance.”



Dr. Jeff Vernon (left) and Dr. Harrison



Dr. Tucker (left) & Dr. Tom Wilcko (right)



Dr. Metz (left), Dr. Brad Degroot (center) & Dr. Bob Nelson

“I learned a ton from the great lectures!”

“Chris Takas and Dr. James Metz were my favorite speakers. They offered explanation on how to start to implement this with our patients. The extended TMD and appliance therapy information was also helpful.”

As always, the valuable opportunity for attendees to interact with each other and learn from each other at the continuum was recognized as a great benefit. Access to the speakers during the lunch hour extended attendees learning opportunity.

“Speaking with other participants about their protocols and experiences was very helpful.”

“The exposure to different disciplines of dentistry is beneficial.”



We invite you to attend the next session of Step Up to Advanced Sleep Dentistry Continuum scheduled on **Friday, April 1st and Saturday, April 2nd, 2016** in Columbus, Ohio.

If you have any questions regarding this 2016 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com