

Dr. James E. Metz

Providing Solutions for Complex Dental Problems

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Step Up to Introductory & Advanced Sleep Dentistry Continuum

April 2016

Alumni Declare this Session as *Best Course Ever!*

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 1st & 2nd for our Step Up to Sleep Dentistry Continuum. The positive reviews came in so strongly that some alumni attendees suggested that this might have been the best session of the continuum offered to date!



This session did have the largest total attendance yet with over 120 individuals present! 65% of the attendees were alumni who regularly participate in the continuum to stay current with sleep dentistry advancements. Dr. Metz and 7 Metz Center team members were joined by 10 outstanding speakers who offered a broad range of topics for both Introductory and Advanced tract attendees. Doctors (70%) and staff (30%) from 10 states were present - California, Colorado, Arizona, Texas, Wisconsin, Illinois, Indiana, Ohio, Pennsylvania and New York - to reinforce their patient and office skills, increase their knowledge of sleep dentistry, and incorporate new technologies into their practices. Those present found the continuum to be an engaging experience and valued the variety of the material presented.

“The continuum was the Most informative, Most organized, Most comfortable meeting I have attended.”

“I am a First Time attendee and this has been a great confidence builder.”

“All the speakers were extremely knowledgeable and up to date on the latest research.”

“The continuum is great. It has helped me move forward to implementation.”

“Appreciated being provided with the digital course files in order to retain this course information.”

“What a wonderful group of presentations this weekend. It has left me with a great thirst for more knowledge.”

This session's featured speakers included **Avram Gold, MD**, medical director at Stony Brook University (SBU) Sleep Disorders Center presenting: *The Myth of Obstructive Sleep Apnea*; **Michael Simmons, DMD**, private practice dentist from Tarzana, California and a Clinical Assistant Professor, Dept of Oral Medicine/OFP, USC School of Dentistry presenting: *Sleep Apnea Co-Morbidities & Related Conditions*; and **David White, MD**, Clinical Professor of Medicine at Harvard and



Dr. James Metz and Dr. David White

Chief Scientific Officer for ApniCure™ presenting: *Challenges in Dental Sleep Medicine* and *Future of Dental Sleep Medicine*.

“Dr. Simmons provided an organized lecture which allowed for a great amount of information to be covered during his presentation.”

“Dr White’s prospectus was very enlightening and his research was very practical for my practice.”

“Dr. White left an impression (upon me) that the overall idea is to improve the patient’s well being.”

“It was great getting different viewpoints on treatment modalities. Dr. White and Dr. Gold are fantastic speakers.”

“I have a very strong grasp of sleep medicine and Dr. Gold really had some very interesting and very different ideas that upset a lot of people but I think that starts a great conversation moving forward.”

“Their studies offered me a better global view of sleep medicine.”



Dr. James Metz presenting to dentists and staff.



Attendees lined up for demos of the EndoPAT™.



Robin Koster from Itamar Medical provided demos.

Dr. James Metz is a vast reservoir of knowledge and clinical experience when it coming to treating TMD and sleep-disordered breathing patients. He continues to answer the many questions that dentists across the nation have about the HRPO device, the related software and the reports generated. He is gaining incredible insight into the titration and treatment process with oral appliance therapy. Dr. Metz really distills it down to a useful and telling report.

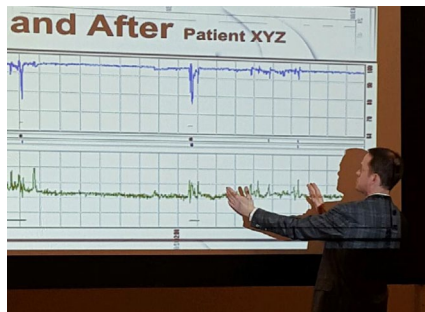
At this session, attendees were able to participate in creating actual HRPO reports for review by using the PulseOx device overnight. Thank you, Amy Antollic & PatientSafety. Dr. Metz also discussed the new PatientSafety Software which is critical to proper titration. EndoPAT™ demos were provided Robin Koster & Itamar Medical. The breakthrough noninvasive test assesses your arterial health in just 15 minutes.

“The final reading of Pulse Ox reports of attendee’s was greatly helpful. Great way to end each meeting!”

“The comparison of C-Pap to oral appliances, the scientific data & clarity of info presented is unsurpassed.”



Dr. Gravino's Staff members & Chris Takacs (right)



Dr. James Blank



from left: Steven Gable, Angie Rock & Dr. John Tucker

Both dentists and staff members, consistently praise the **Metz Center team**. This course reinforced their depth of experience and their ability to share valuable, practical instruction.

“Dr. Metz, I appreciate you & your staff’s passion for teaching. YOU are making a difference.”

Dr. James Blank provides a window into how a successful sleep medicine practice can be integrated into a general dental practice. 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.

“Chris Takacs was interesting to listen to and had good ideas to incorporate into practice.”

“Chris Takacs & Angie Rock broke it down to the point where I could understand and explain this to a patient with more confidence.”

“As a staff member, working with my dentist to incorporate sleep medicine within the practice, ALL of this was helpful.”

“The step by step protocols presented are very helpful.”

Our **faculty speakers** did not disappoint. They continue to share vital experience and information regarding so many aspects of sleep dentistry. One attendee declared that Pat McBride is a rock star!

“I feel Pat McBride gave many attendees an “aha” moment during her courses.”

“Pat McBride’s presentation was very interesting, held my attention, was straight forward, clinically applicable, and included good quality information.”

“It is always nice to have hands-on practical application. Pat McBride provided a wealth of valuable information that I did not know.”

“Pat McBride communicates well, has incredible experience & working knowledge of sleep medicine. I would listen to her if she spoke all day, both days!”



from left: Elias Kalantizis, Dr. Brian Vence and Dr. Richard Weiser.



Pat McBride



from left: Dr. Edward Hesse & Dr. Tom Wilko

“From a directly applicable perspective, Dr. Williamson’s presentation was outstanding.”

“Drs. Tucker and Williamson offered the best info on TMD I have ever heard. Usable information, interesting vitamin D3 information.”

“Dr. Tucker was a dynamic speaker and presented new and interesting material.”

“Dr. Tucker’s presentation regarding vitamin D3 and its effect on overall health, was totally in line with what I’ve observed for 20 years!”

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.

“I appreciated the openness of the presenters and staff to talk & share. Very comfortable experience. It is always enjoyable to come here. Great line up of clinicians and attendees from which to learn.”

“The discussions that took place between the providers that were present was most helpful to me during the course.”

“This course reinforced that I want AND need to learn more.”

“I will be back!”

We invite you to attend the next session of Step Up to Introductory & Advanced Sleep Dentistry Continuum scheduled on **Friday, October 21st and Saturday, October 22nd, 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

Always New, Always Fresh, and Always Cutting Edge