

Dr. James E. Metz

Providing Solutions for Complex Dental Problems

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

Step Up to Introductory & Advanced Sleep Dentistry Continuum

April 2017

Helping Dentistry & Medicine grow Together, creating the best possible outcome for our patients!

Dr. James Metz and The Metz Center for Sleep Dentistry welcomed doctors, technicians and staff to the Embassy Suites in Columbus, Ohio the weekend of April 7 & 8 for our Step Up to Sleep Dentistry Continuum. Participants from 12 states were present (*Arizona, California, Georgia, Illinois, Indiana, Kentucky, New York, Ohio, Pennsylvania, Tennessee, Colorado and Wyoming*). And of course, one of our Featured Speakers, Patrick McKeown, traveled across the Atlantic, from Ireland!



Steven Gable, Dental Assistant and Megan Bacome, RDH, welcomed guests.



(Most of) The Metz Center Team (from left) Angie Rock, Chris Takacs, Megan Bacome, Todd Bacome, and Steven Gable.



Metz Lab Manager, Todd Bacome shared information with attendees during the continuum.

The dedicated attendance by alumni continues to illustrate the important value of the information presented and the dedication that Dr. Metz and these colleagues have to expanding their knowledge of cutting edge developments in dental medicine. **50% of the individuals present were alumni participants!** Of course, first time attendees are always warmly welcomed and based on their feedback, they had a meaningful experience. We asked all the attendees to describe the **most important factor that led them to make the decision to attend** the Sleep Dentistry Continuum. Here are some of their responses:

"I have attended many meetings thru the Metz Center & find them to be outstanding. I am also participating in Dr. Metz' small group Competency Study Course and participating in this continuum is part of that series."

"Keeping up to date in this ever evolving field of medicine."

"Just wanted an update. This is the third class that I have taken that Dr. Metz has presented."

"Referrals from other professionals!"

"I wanted to learn more about sleep dentistry"

"I am a dental assistant, my employer invited me to attend to learn how we could better our practice."

"I respect Dr. James Metz and I wanted to learn more from his continuum program."

"The opportunity to learn practice management skills."



from left: Dr. James Metz, Dr. Gene Williamson and Dr. Bob Nelson



from left: Featured Speaker Patrick McKeown, Marc Moeller, Faculty Speaker Pat McBride, BA, RDA, CCSH and Featured Speaker Dr. Stanley Yung-Chuan Liu.



from left: Dr. James Metz & Featured Speaker Dr. David White.



A discussion continues outside of the classroom with (from left:) Dr. George Madelaris, Dr. Iwei Haung, Dr. Stanley Yung-Chuan Liu and Faculty Speaker Brian Vence.

Dr. James Metz welcomed three featured speakers: **Dr. Stanley Yung-Chuan Liu**, the Assistant Professor of Otolaryngology/ Head & Neck Surgery at the Stanford University Medical presenting: *The Stanford Surgery Protocol & The Most Up-to-Date Research Findings*; **Patrick McKeown**, the Clinical Director of the Buteyko Clinic International and Chairman of its Advisory Board presenting: *Normalizing Breathing Volume and Speed in Sleep Disordered Breathing*; and returning for his second appearance, **Dr. David White**, Clinical Professor of Medicine at Harvard and Chief Scientific Officer for ApniCure™ presenting: *Understanding the Breathing Patterns of OSA*.

“Dr. Lui was outstanding!”

“Valued Dr. Lui’s thorough presentation on how palatial expansion affects the airway.”

“Patrick McKeown greatly increased my understanding of breathing.”

“I appreciated learning the benefits of nitric oxide with proper breathing from Patrick McKeown.”

“Dr. White was awesome and very approachable.”

“David White’s lecture was incredible. It really made a lot of sense out of loop gain & how it affects us clinically treating sleep.”

The Metz Center was honored to have **Kris Davies** (age 21) accept Dr. Metz’ invitation to share his personal story about his deviated septum and how OSA dramatically affected his life. While it was a difficult story for Mr. Davies to share, the impact his presentation had on the professionals present was powerful.

“A very compelling story - what strength Mr. Davies had to get up & speak about such personal issues. But there was a bigger issue here & that was how medicine initially failed him. Instead of treating the root of the problem it treated symptoms - much of which was caused by inappropriate prescribing. I have a patient in my practice with a very similar story.”

“Courageous presentation. So much misdiagnosis out there...”

“Very inspiring! Amazing to confirm what a significant factor OSA was in his life.”

“I was so impressed with his presentation; but also the impact that Dr. Metz had made in this young man’s life.”

“Inspiring story. More doctors need to hear this so that others do not needlessly suffer.”

The positive and encouraging comments that the dedicated **Metz Center Team** received were greatly appreciated. Thank you! They openly share their acquired knowledge, practical experience and helpful instruction to both staff and doctors.

“I needed office management specifics! The lunch round table discussion provided great ideas of how to put this in place.”



from left: Special Guest Speaker Mr. Kris Davies and James Metz, DDS.



Faculty Speaker Dr. James Blank lectures on Successful Sleep Dentistry.



from left: Dr. Mina Guzman, Dr. James Metz and Dr. Barry Blank



from left: Chris Takacs, Sleep & TMD Tx. Coordinator, Amy Antolic of Patient Safety and Robin Koster of Itamar Medical

“The Metz Center office manager, Angie Rock, is great. Thanks for answering my questions during lunch.”

“My team members broke out & went to Chris Takacs’ lectures on PulseOx & the practice management of sleep. They found it very useful.”

“As a starting practitioner, the sessions on High Resolution Pulse Oximetry by Dr. James Metz & Chris Takacs were the most helpful.”

“I always appreciate information on the interpretation of PulseOx studies - the more the better.”

“Dr. Metz is incredibly passionate about sleep dentistry.”

The presence of several vendors was also beneficial to attendees. EndoPAT™ demos were provided by Robin Koster & Itamar Medical. In addition, Patient Safety, RhinoMed, Mute! and the Academy of Orofacial Myofunctional Therapy were present to answer all questions by the professionals. Todd Bacome, manager of the Metz Dental Laboratory, discussed the Metz Appliance across this two day continuum.

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No one goes hungry at the continuum! from left: Marc Moeller, Jane Seaman, David White.



from left: Jessica Turner and Brenda Buseck



from left: Dr. James Kearney, Dr. Ana Gossweiler, Dr. Michael Gossweiler, Sue Kear and Dr. Joyce Bahng

Once again, The Metz Center extends our appreciation for our dedicated **Faculty Speakers**, Dr. James Blank, Dr. Ken Berley, Dr. Nelson Diers, Pat McBride, BA, RDA, CCSH, Dr. Brian Vence, Dr. Thomas Wilcko and Dr. Gene Williamson. They are important members of our core group of experienced professionals that are leaders in their area of sleep medicine. You will not find a more unique and thorough sleep medicine continuum anywhere.

“The combined information I gathered from these presentations has increased my comfort level with regard to how my practice provides treatment.”

“Dr. Ken Berley’s presentation about Standard of Care and Informed Consent removed some of my misunderstandings of what is expected of a sleep dentist.”

“I felt at greater ease after hearing Dr. Ken Berley’s presentation. Knowledge is power!”

“Once again a great meeting that encouraged informal discussion between attendees. This is invaluable.”

“Information at these meetings is always cutting edge with content that you often do not hear at the Academy Meetings and is always research based NOT just the speaker’s opinion.”

“I thought all of the speakers did excellent presentations. Overall a very informative meeting.”

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from left: Faculty Speaker Dr. Brian Vence, Jennifer Hostetler, Maureen Conner, Dr. David McGuire.



Attendees value the informal discussions between professionals across the two day course.



from left: Dr. James Kearney, Faculty Speaker Dr. Frank Seaman, Jane Seaman and Faculty Speaker Pat McBride, BA, RDA, CCSH

This fall we invite you to attend a new and very special event scheduled on **Friday, October 20th and Saturday, October 21st, 2017** in Columbus, Ohio.

A Ten Year Anniversary Consensus

Shaping the future of sleep medicine - together!

For 10 years, James E. Metz, DDS, has been the driving force behind a continuum of dynamic sleep dentistry educational opportunities with the goal to bring Dentistry and Medicine together to treat the overwhelming number of individuals that suffer from sleep disorders.

Dr. Metz’ efforts have culminated in the coordination of this rare opportunity to learn from world renown doctors whose depth of knowledge and experience is beyond exceptional. It has taken a decade to cultivate the resources to bring together these professionals from every discipline of sleep medicine – and **YOU** are invited to participate and contribute in shaping the future of sleep medicine - *side by side with them!*

Where was sleep medicine a decade ago? Where are we now in 2017?

And most importantly, Where shall the future of effective sleep medicine go?

Now is the time to come together, dentists and physicians, to build the road on which our professions shall travel to bring the best possible treatment to our patients! Join us for this amazing and powerful event and become part of the solution!

If you have any questions regarding this 2017 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com

Always New, Always Fresh, and Always Cutting Edge