

# 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 2014

### Outstanding October Course

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 24th and 25th for our Step Up to Sleep Dentistry course. As is typical, about 25% of the professionals present have made it a priority to attend every Step Up course that Dr. Metz has offered. Attendees traveled from as far as Japan and from the states of Ohio, Illinois, New York, New Jersey and California to learn how to help their patients *“Breathe better, sleep better, live better!”*.

The Metz Center welcomed two featured guest physicians to share their knowledge at this October course session.

*“It was a privilege to exchange information and ideas with two prominent ENTs. This portion of the conference really emphasized the fact that treating sleep-disordered breathing patients is truly a collaboration, and requires a trustworthy interdisciplinary team with which to manage each individual case.”*

*Mickey C. Harrison, D.D.S.*



Dr. James Metz and Dr. Steven Park.

**Dr. Steven Park** is a practicing sleep physician in New York City, and a nationwide expert on sleep medicine. As an otorhinolaryngologist, he is experienced in the treatment options for and management of patients with sleep-disordered breathing. He gives great insight into the surgical options for obstructive sleep apnea that can be offered by an experienced ENT practitioner. Dr. Park is also well-known for his efforts to educate the lay people of the general public as to the risks and side-effects of undiagnosed and untreated sleep-disordered breathing. The conference attendees were honored to receive autographed copies of Dr. Park's widely-read work, *Sleep Interrupted*. His website is a wealth of information concerning sleep issues.



Dr. James Metz and Dr. Philip LoSavio

**Dr. Philip LoSavio** is a practicing otorhinolaryngologist in Chicago, Illinois. He is also an experienced sleep physician and offers a great deal of practical information concerning obstructive sleep apnea patients. Dr. LoSavio showcased endoscopic imagery and video footage of patient examination, diagnosis and surgical techniques that he deals with every day. The information on nasal obstruction in relation to sleep-disordered breathing was especially important.

**Dr. James Metz** continues to add to his body of clinical experience and expertise by caring for obstructive sleep apnea and TMD patients. He is gaining incredible insight into the titration and treatment process with oral appliance therapy with the combined use of *lateral cephalometric radiography and high-resolution pulse oximetry*.

### First Course Experience:

*“Entering the field of dentistry in April, I have gained an incredible amount of knowledge in a short amount of time. While applying to dental school, I joined the Metz Dental Lab to kick start my career as a dental lab technician. The opportunity to interact with so many friendly and knowledgeable people on a daily basis cannot be overstated. This past October was my first experience with a course specifically oriented on dentistry - and what an experience it was. It was refreshing to be able to listen and converse with not only dental professionals, but also physicians and others. While ideas sometime conflict, the spark for positive conversation and debate prompted some great thoughts. As an aspiring dental student, I am encouraged to see so many great dentists furthering their own education and remaining students of the field. The course has really shown me the passion that everyone must have for their patients. And it is contagious.”*

*Adam Turner*

The Metz Center also welcomed speakers Dr. Brian Vence, Dr. Nelson Diers and Dr. James Blank to the October course.

**Dr. Brian Vence** is a general dentist in Illinois who is providing the highest quality treatment for his clientele, with amazing results. Dr. Vence has a real blueprint for success when engaging the patient from the first contact, and his process of Codiscovery is a masterful way to thoroughly assess a patient's needs and wants, gather the appropriate information, and execute a comprehensive treatment plan that he and the patient have agreed upon. He is a leader in the field of surgically facilitated orthodontic treatment (SFOT), in which he coordinates a treatment team consisting of himself, a periodontist, an orthodontist, and a master laboratory technician to ideally align the dentition within the arch form to provide a foundation for the final reconstruction. Dr. Vence is achieving incredible outcomes, and has found that with this technique, he can often positively affect the person's airway by increasing intraoral volume. This has resulted in measurable improvement in physiological parameters such as hypertension, anxiety, daytime sleepiness and medications used.



Dr. Vence and Dr. Metz



Todd Bacome, Laboratory Manager, shares information about The Metz dental appliance.



Dr. Metz and Dr. Jay Wallin

We invite you to attend the next course of Step Up to Advanced Sleep Dentistry scheduled on **Friday, April 10th and Saturday, April 11<sup>th</sup>, 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](mailto:metzdds@yahoo.com)



Dr. Metz speaking with Mr. Satoshi Tsuchiya, from Japan.



Dr. Mickey Harrison & Dr. Jay Wallin



Dr. Metz (left), Dr. John Tucker (center) and Mr. Al Simons (right)



Dr. Metz and Dr. Joseph Gormley chat before the start of a presentation.



Dr. Norman Blumenstock has the opportunity to talk with Dr. Park at his book signing.



Maxtech representatives Jeremy Haskell and Jack Cisneros were on-site to offer information about the high resolution pulse oximetry.