

# OSA AND DENTISTRY: SEPARATING FACT FROM FICTION

DR. BENJAMIN PLISKA

Obstructive Sleep Apnea is a relatively common disease with serious health consequences in both children and adults. This presentation will review the complex pathophysiology of sleep disordered breathing and review current treatment strategies. The relationship between sleep disordered breathing and craniofacial growth and development will be examined, as well as the current evidence related to CBCT imaging and orthodontic treatment effects on obstructive sleep apnea and the airway. For adults, oral appliances have become an accepted first line of treatment for a wide range of patients suffering from obstructive sleep apnea. This presentation will also discuss the latest evidence regarding the effectiveness of oral appliance treatment of OSA, as well as review the management of the most common side effects.

## EDUCATIONAL OBJECTIVES

- Define the relationship between obstructive sleep apnea and craniofacial growth and development
- Evaluate the effectiveness of orthodontic therapy, including maxillary expansion and frenotomy as a treatment for OSA in children
- Understand the relationship between CBCT imaging and the function of the upper airway.
- Describe the effectiveness of oral appliance treatment of obstructive sleep apnea in adults
- Recognize the side effects commonly associated with oral appliance treatment

## CLINICIAN



**BENJAMIN PLISKA, DDS, MS, FRCD(C) Orthodontics**, is a graduate of the University of Western Ontario School of Dentistry, and obtained his Certificate in Orthodontics and Master's Degree in Dentistry from the University of Minnesota. He is an Associate Professor of the University of British Columbia Faculty of Dentistry, an Orthodontic Consultant at B.C. Children's Hospital and maintains a private practice in Vancouver as a certified specialist in Orthodontics. Dr. Pliska's research interests include inter-disciplinary treatment, craniofacial imaging, and sleep medicine - topics on which he frequently lectures and publishes.

**COST - \$100 (2 HOURS)**

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