

A Broad cross-section of the medical-dental field will come together to explore and learn about how sleep, pain, and TMD can intersect and how the medical and dental fields can respond to and treat patients effectively.

Conference Highlights

- International Symposium with exceptional lectures
- Industry Exhibition
- Peer-2-Peer learning and networking

Friday November 4, 2011

7:00AM	-	8:00AM	Hot Breakfast and Registration
8:00AM	-	8:30AM	Welcome
8:30AM	-	10:00AM	Dr. Clayton Chan DDS
10:00AM	-	10:30AM	Break
10:30AM	-	12:30PM	Dr. Clayton Chan DDS
12:30PM	-	1:00PM	Lunch
1:30PM	-	3:00PM	Dr. Shelly Weiss MD, FRCP(C)
3:00PM	-	3:30PM	Break
3:30PM	-	5:00PM	Dr. Richard Bonato Ph.D., M.A., RPSGT
7:00PM	-	9:00PM	5 th Anniversary Social in the Toronto Distillery

Saturday November 5, 2011

7:00AM	-	8:00AM	Hot Breakfast
8:00AM	-	8:15AM	Welcome
8:15AM	-	9:00AM	Dr. Paul Hébert MD, FRCP(C), MHSc (Epid)
9:00AM	-	10:30AM	Mr. Kent MacLeod B. Sc. Pharm.
10:30AM	-	11:00AM	Break
11:00AM	-	12:00PM	Dr. Eldon Tunks MD, C.M. (Psychiatry), FRCP(C)
12:00PM	-	1:00PM	Lunch
1:00PM	-	2:30PM	Dr. Robert Kerstein DMD
2:30PM	-	3:00PM	Break
3:00PM	-	4:00PM	Dr. Robert Kerstein DMD
4:00PM	-	5:00PM	Panel Discussion

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Speakers

Dr. Clayton Chan, DDS, MICCMO
Gneuromuscular Occlusion – Is It The Missing Link Between TMJ and Comprehensive Restorative Dentistry?

Optimal occlusion is relevant to physical, physiologic and biological laws that govern articular and “gneuromuscular” function at all structural levels of the human body as well as the masticatory apparatus. A rigid mechanistic concept of masticatory function is not consistent with generic physiologic knowledge. General laws of homeostasis support the desirability of analysis of maxillo-mandibular posture from optimal muscle relaxation in order to remove the torques, skews, strains and imbalances when establishing a terminal contact position.

OBJECTIVE: To better understand the inter relationship of occlusion, the TM joint and restorative dentistry leading to predictable and consistent results

Dr. Shelly Weiss, MD, FRCP(C)
Pain or Not Pain? Evaluating the Cause of Childhood Sleeplessness

Children and adolescents with acute or chronic pain (whether it is craniofacial or another source) frequently report sleep disturbance. In order for the clinician to appropriately evaluate, treat and know when to refer these patients, it is important to have an understanding of children’s sleep patterns and an approach to childhood sleep disorders.

OBJECTIVE: To better understand and evaluate the growing epidemic of sleep deprivation in the child population. The general dentist can be the “gate keeper” for this group of patients and by identifying this group of patients can help them avoid future medical problems.

Dr. Richard Bonato, Ph.D., M.A., RPSGT
An Introduction to Instrumentation, Methodology and Psychophysiology of Sleep

This lecture will deal with fundamentals of sleep psychophysiology with emphasis on the evaluation, treatment, and monitoring of snoring and sleep disordered breathing. The role of dentistry for the evaluation of nocturnal airway patency will be discussed within a clinical workflow.

OBJECTIVE: The general dentist will be able to better understand the home sleep study and thus be more comfortable in prescribing it for their patients.

Dr. Paul C. Hébert, MD, FRCP(C), MHSc (Epid)
Multidisciplinary Research and Care – Get on The Wave.
 Health care and research are changing. Both are far more complex than times past. Health professionals have access to more therapies available provided by a greater number of specialized health professionals. Patients are also surviving longer with a greater number of complex chronic illnesses. As a consequence, models of care have shifted significantly over the past century, and will continue to change in the coming years.

OBJECTIVE: Understand about how research and clinical care are related and the ability to apply what information is coming from the research world.

Mr. Kent MacLeod, B. Sc., Pharm
Body Chemistry Balancing and the relationship between chronic inflammation, pain, sleep disorders and blood/urine chemistry
 Body chemistry balancing involves the assessment of sex, adrenal and thyroid hormones, insulin, neurotransmitters, macro-and micro-nutrients and bowel function. An imbalance of any of these biochemical factors can cause disturbances in the neurochemistry essential for regulatory pathways involved in pain, inflammation, sleep and mental health.

OBJECTIVE: To understand the relationship between pain, inflammation and what it can do to our physiology and how to handle this problem.

Dr. Eldon Tunks, MD, C.M. (Psychiatry), FRCP(C)
Simple Effective Behavioral Strategies For Pain management
 Effective intervention for persistent pain usually requires methods to address behavioral, emotional, and cognitive factors. Techniques compatible with a single-practitioner practice include applied relaxation, assisted relaxation, pacing techniques, self-monitoring, or paradoxical intention, for example.

OBJECTIVE: To understand what the medical profession can do for our chronic pain patients beyond medications.

Dr. Robert Kerstein, DMD
Computer-guided Occlusal Analysis and Treatment of the TMD Patient
 Computerized occlusal analysis technology has repeatedly shown since 1989 that occlusal factors have a primary role in the etiology of muscular TMD symptoms. Posterior Disclusion Time measures the elapsed time that posterior teeth disengage during excursive function.

OBJECTIVE: To understand current concepts in occlusion and occlusal equilibration. Learn to apply a predictable process to occlusal equilibration.



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AMERICAN ACADEMY OF CRANIOFACIAL PAIN Canada Chapter



**The Connection Continues...
 Occlusion, Restorative,
 TMD, Sleep & Pain.**

5th International Symposium
 November 4th - 5th, 2011
 The Westin Harbour Castle
 Toronto, Ontario



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