



AACP Australian Chapter presents:

About Sleep: Thinking on the bed and outside the box

Sydney, Saturday August 29th 2015

Day and **NEW VENUE**

Saturday August 29th 2015
The Stamford Plaza
Sydney Airport Hotel
241 O'Riordan Street
Corner of Robey & O'Riordan St.
Mascot, NSW, 2020

Time

10am to 5pm

Cost

AACP Members \$120
Non Members \$220

Running Order

Registration 10.00
Morning session starts 10.30am
Event finishes at 5:00pm

Morning tea, lunch and afternoon tea provided. In the submission form please advise us on any dietary needs you may have.

Register Online

www.aacfp.com.au/august2015.html

Parking

Parking & transfers

Contact us

conference@aacfp.com.au
www.aacfp.com.au/contact.html

As dentists we are the go-to people for mandibular advancement appliances for patients with obstructive sleep apnoea. This clinical day is designed around patients and situations that do not fit inside that neat box of diagnosis, appliance, success.

- Hear clinical pearls for better history taking for OSA.
- Update your skills with some of Sydney University's wonderful research on hypertensive disorders of pregnancy. Identify how we may assist our pregnant patients.
- Better understand how asthma and chronic obstructive pulmonary disease are often misdiagnosed. How does that affect our chances of success with a MAD?
- When obese patients are CPAP intolerant, are there reliable strategies for implementing LONG TERM weight loss for OSA?
- Hear new techniques on how else can we measure sleep related breathing disorders for those who cannot tolerate the usual sleep study paraphernalia?
- Finally what about the AHI itself? Gain clear insight into what are the pitfalls of AHI as a metric for OSA?

Please note registration is now online via a link to our website:

Please make your payment via Direct Deposit to our bank account. Then follow the [link](#) listed below to submit the receipt for your payment, where you will also find a registration form to enter your personal details. Thank you.

1. Payment Instructions

Please give your **name as the reference** on your payment.
Member = \$120
Non-member / Guest = \$220

Account Details:

Account Name: American Academy of Craniofacial Pain
BSB: 062 140 Commonwealth Bank
Account Number: 1084 2061

2) Now please submit your receipt following online link:

www.aacfp.com.au/august2015.html

Any further questions please contact us at conference@aacfp.com.au



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John Serginson -

UNMASKING APNOEA AND AIRWAY DISEASE

Obstructive sleep apnoea commonly coincides with other prevalent respiratory conditions such as asthma and COPD. This presentation will explore the interplay between these comorbidities and the symptom overlap that can complicate their diagnosis and management.

John Serginson, RN MNPS MCN GD Nur (crit care) - is a Nurse Practitioner employed in respiratory care at the Caboolture Hospital since 2010, having completed his Masters of NP Studies at the University of Queensland with clinical training at The Prince Charles Hospital.

He is an adjunct lecturer in the UQ School of Nursing & Midwifery, teaching in the Master of Nurse Practitioner Studies program. With 15 years respiratory experience and 29 in total as a nurse, his research interest in domiciliary oxygen, inhaled therapy and COPD models of care have produced a number of peer review publications, conference presentations and research collaborations.

He sees the essence of nursing as "Meeting patients where they're at with their health & helping them to get to where they want to be". In his spare time, you might find him sailing or helping friends build their catamaran.



Dr Mark Norman

SLEEP AND BREATHING... BEYOND THE AHI.

The diagnosis of sleep disordered breathing is focused on the apnea hypopnea index (AHI) despite sleep experts admitting that it is a poor metric. Obstructed breathing/snoring is typically the primary reason for sleep investigation yet it is rarely measured and poorly quantified. This talk will discuss the measurement of abnormal breathing during sleep beyond the AHI.

DR MARK NORMAN
Research Unit Manager of the Teaching and Web Based Learning - Discipline of Sleep Medicine at Sydney Medical School

Dr Norman began his career in sleep medicine in 1996 working with the respiratory failure service at Royal Prince Alfred Hospital. Since 2002 he has been based at the University of Sydney running the Postgraduate Courses in Sleep Medicine as well as conducting research into sleep-disordered breathing in paediatrics and pregnancy in addition to respiratory disorders such as asthma. Dr Norman has also been involved in the development of new non-invasive technologies for the diagnosis of cardio-respiratory disorders. His PhD thesis was on the use of breath sounds to diagnose sleep-disordered breathing in adults and children.



Sally Middleton

THE DIAGNOSIS OF SLEEP DISORDERED BREATHING

Sleep apnea and snoring are being increasingly recognised in pregnant women with gestational hypertensive disorders of pregnancy. Pre-eclampsia is associated with premature delivery, fetal growth restriction, and increased cardiovascular risk later in life. Recent work by our lab and others have shown that snoring increases during pregnancy, and can affect about one-third of women in the third trimester. Obstructive sleep apnea (OSA) is also more common in those with gestational hypertension and pre-eclampsia. This talk will focus on the associations between snoring/OSA and hypertensive disease of pregnancy, and then discuss possible screening and treatment options.

Sally Middleton is the Postgraduate Course Coordinator in the Department of Medicine - Discipline of Sleep Medicine

Sally Middleton is based at The University of Sydney, working with Prof Colin Sullivan on many aspects of Sleep Medicine. Her main areas of research over recent years revolve around the links between sleep apnea and hypertension, especially during pregnancy and in Samoa. She is also a Course Coordinator for the online Masters program in Sleep Medicine at The University.



Elizabeth Cayan

SLEEP, OBESITY AND SHIFTING THE WEIGHT

This talk will provide some background information regarding obesity and obstructive sleep apnea before delving into the management strategies available for successful weight loss in these patients. It will include practical tips and key points in assisting patients to maintain weight loss and prompt discussion around the holy grail of preventing weight rebound!

Elizabeth Cayan (nee Machan) BAppSc (Hons) AEP - PhD Scholar Accredited Exercise Physiologist/Nutritionist - Woolcock Institute of Medical Research

Elizabeth Cayan is from the Woolcock Institute of Medical Research. Liz is an accredited exercise physiologist and nutritionist who works primarily in weight management for chronic disease. She recently submitted her PhD thesis at the Woolcock Institute under the supervision of Professor Ron Grunstein and her thesis investigated the cardio-metabolic effects of weight loss on patients with sleep apnea. Liz designed and delivered the SLEEEP trial: Sleep, lifestyle eating, energy, exercise program: it included a very low energy diet (VLED), novel maintenance diets and a lifestyle modification program.

You will notice that we have changed the venue to provide a location closer to the domestic airport. The Stamford Plaza Sydney Airport is within walking distance for our interstate members and offers very reasonable rates for on-site parking for the Sydney attendees.