

GoodSleep^{co}™

Dental Sleep Medicine Experience

2023 CONFERENCE

The Dental City, Petaling Jaya, Malaysia

Bookings via Eventbrite

9-11 June 2023

Conference
Programme V.1

Friday 9 June

8am Conference registration & Breakfast

9-11am Welcome address

Identifying patients (Good Sleep Co Team)

Identifying patients:

- During their consultation
- In the waiting room
- Online
- Referrals from physicians

Screening patients (Good Sleep Co Team)

Screening suitable patients for risk of Obstructive Sleep Apnea (OSA):

- During their consultation
- In the waiting room
- Online
- Referrals from physicians

11-11:30am Morning break

11:30am-1:30pm Testing patients (Good Sleep Co Team)

Testing patients for a diagnosis of sleep apnea:

- Sleep Image ring and how it works
- How to read a sleep report
- How to order a sleep report
- How to deliver a report

1:30-2:30pm Lunch

2:30-3:15pm Treatment (Dr Damian Teo)

Mandibular advancement splints (MAD) mechanism of action and preventing side effects

3:15-4:45pm MADs (Dr Christopher Pantin & Joel Simpson)

Good Sleep Co MADs (Hushd Pro) and when to use them

4:45pm Finish

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Saturday 10 June

8am Registration & Breakfast

9-11am

Small groups

- How to complete a scan and bite
- Creating a lab case in ResDent (Good Sleep Co Team)

11-11:30am

Morning break

11:30am-1pm

**Objective titration and designing
titration protocols** (Dr Christopher Pantin)

1-2pm

Lunch

2-3pm

Ongoing monitoring (Dr Damian Teo)

Monitoring patients with Sleep Image:

- Using test results results for clinical judgement
and side effect management

3-4:30pm

How CPAP works (Dr Vyas Prasad)

Surgical interventions for OSA (Dr Vyas Prasad)

4:30-5:30pm

Specialty lecture TBA / Q&A with specialists

6pm

Networking Dinner & Drinks

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Sunday 11 June

8am Registration & Breakfast

9-10am Hypoglossal nerve stimulation (Dr Vyas Prasad)

10-11am REM AHI and migraines (Dr Christopher Pantin)

11am-12noon TMD/TMJ considerations (Dr Damien Teo)

12noon-1pm OSA in aligner and implants patients
(Dr Saminthaaraj Kumar)

1-2pm Lunch

2-4pm Small group practical sessions

- Screening the patient and assessing for OSA risk, using STOPBANG to determine suitability for testing, testing the patient (setting up a test in ResDent)
- Reading the report and determining therapy (whether to refer, treat etc)
- Scanning the patient, taking the bite
- Fitting an appliance, writing a titration protocol and ongoing monitoring

4-4:30pm Closing address

4:30pm Finish

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Joel Simpson

FOUNDER AND DIRECTOR

Role in Good Sleep Co

Joel is one of the founding directors of Good Sleep Co. Joel Brings 12 years of experience in the sleep apnea and snoring treatment market to the development of Good Sleep Co products. Specifically, Joel leads the development of digital assets and tools that assist patients and practitioners in the treatment journey. Joel is passionate about improving connected health options in the sleep apnea space and helping to position Good Sleep Co as a market leader.

Overview

Joel Simpson is one of the founders of Good Sleep Co and is a previous director and founder of Rise Sleep Health based in South East QLD. Joel has worked with patients with sleep disordered breathing for 12 + years across multiple disciplines. Joel specifically has worked in a market leading sleep diagnostic and treatment business (Rise Sleep Health) for 5 years and in the technology and medical device sector of sleep apnea for 8 years. Joel has trained and advised multiple companies and clinics in building effective sleep apnea treatment brands. He has a wealth of experience in creating business development processes in sleep businesses and is passionate about assisting companies achieve great success in the field.



Greg Goodman

FOUNDER AND DIRECTOR

Role in Good Sleep Co

Greg is one of the founding directors of Good Sleep Co. Greg transfers his 20 years' experience in the healthcare industry to bring Good Sleep Co products to life. Greg works with key partners, including multinational businesses and corporate clinic groups, to improve access to Good Sleep Co products. Greg is an integral leader of the design team for all the Good Sleep Co products and has a strong focus on the patient experience throughout the treatment lifecycle.

Overview

Greg Goodman is a highly experienced Managing Director with over 20 years in the dental industry. He holds a Bachelor of Accounting degree and an MBA, making him a valuable asset to any organization. Throughout his career, Greg has demonstrated a strong ability to establish and grow successful businesses. One notable achievement is the establishment of Pacific Dental Specialties, which under his leadership has become a well-respected and profitable company in the dental industry. Followed through by the sale to the biggest Dental company in the world.

Greg is a firm believer in the importance of strong customer relationships, and this ethos is evident in the way he leads and manages his teams. He understands that a company's success is built on the satisfaction of its customers, and he always goes the extra mile to ensure that each client is completely satisfied with the products and services provided. With his wealth of experience, analytical skills, and customer-centric approach.



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Dr Damian Teo

DENTIST

BHSc (Dent), M.Dent, GradDip Dental Sleep Medicine

Dr Damian Teo is a holistic dentist who has focused his practice to TMD, Bruxism and Dental Sleep Medicine. Since graduating from dentistry at Latrobe University in 2012, Damian dived straight into a TMD and Dental Sleep Medicine clinic in Melbourne.

Damian is passionate about looking “beyond the mouth” and treating the body as a whole. He believes dentists play an important role in being able to recognise airway/breathing issues, sleeping problems, and craniofacial pain (such as headaches, neck pain, and TMD). Damian first gained deeper knowledge and understanding of TMD, craniofacial pain, sleep medicine, and airways by completing the TMD & Sleep mini residency program by Dr. Steven Olmos in 2013.

This led to Damian working in Darwin’s first official TMJ & Sleep Therapy Centre in 2014, where he then focused his practice to treating patients for snoring, sleep apnea, bruxism and TMD. He pursued further education in the field of sleep medicine and achieved his Post Graduate Diploma in Dental Sleep Medicine with the University of Western Australia in 2016.

Over the years, Damian completed various mini-residency programs covering TMD, craniofacial pain, sleep medicine, orofacial myology and orthodontics with Dr Derek Mahony, Dr Jeffrey Okeson, Dr Tony Ancell, Dr Jamison Spencer, and Dr Steve Gallela.

Knowing the value in multidisciplinary treatment, Damian has also completed courses in biochemistry, nutrition, exercise biomechanics, neuro kinetic therapy, Buteyko breathing, mental health and well-being. He also works closely with many different health practitioners ranging from physiotherapists, chiropractors, osteopaths, acupuncturists, speech pathologists, sleep respiratory physicians, ENTs, oral surgeons and even personal trainers.

Damian’s passion for TMD and Sleep medicine led to the founding of his own specialised TMD and Sleep clinics: Melbourne Dental Sleep Clinic, consulting with TMJ physiotherapists in the Melbourne TMJ & Facial Pain Centre and Sleep Respiratory Physicians in Lung and Sleep Victoria.

Damian regularly lectures, and holds an annual TMD & Sleep Mini Residency, teaching practitioners from around the world, how to diagnose and manage TMD, OSA and bruxism. He is passionate in spreading the knowledge that dentists can help one’s health and quality of life “beyond the mouth.”

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Dr Christopher Pantin

DENTIST / ASSOCIATE PROFESSOR

BSc, BSc, Grad Cert Adult Sleep Science

Dr Pantin is a highly regarded dentist and a snoring and Obstructive Sleep Apnoea specialist who helps sufferers through oral treatments. He has devoted the past 25 years to researching and treating Sleep Apnoea with a dental solution. He is also an Associate Professor at the University of Western Australia (UWA).

In 2009 he proposed, and in 2010 with a multidisciplinary team, developed a Graduate Diploma in Dental Sleep Medicine at UWA. He is currently a coordinator of this course.

Dr Pantin has been associated with the Western Australian Sleep Disorders Research Institute (WASDRI) at the Sir Charles Gairdner Hospital since its inception.

WASDRI was founded in 2000 as a non-profit organisation devoted to improving the knowledge and understanding of sleep disorders through clinical teaching and research.

Since 2005, Dr Pantin has been a clinical committee member at the Australasian Sleep Association (ASA), the peak national body in Australia and New Zealand representing clinicians, scientists and researchers in the broad area of sleep.

His expertise and the subsequent treatments he has developed are honed from working with a large demographic of patients during a long period. He has treated and eased the suffering of more than 4,000 patients across Western Australia.



Dr Vyas Prasad

OTOLARYNGOLOGIST HEAD & NECK SURGEON

MB BCh BAO BA (Dublin), MSc DIC (London), DLO (England), MRCS (Edin), FRCS (ORL+HNS) (EDIN), FICS

Dr Vyas Prasad is an ENT Consultant in Royal Healthcare Specialists Centre, where he specialises in voice and swallowing disorders as well as head and neck surgery – having gained invaluable experience at The Royal Marsden, Royal Free, Royal National Throat Nose and Ear Hospitals as well as having completed a further year and a half of head and neck training post-FRCS at Barts and the London. He has also spent a year at the Centre Hospitalier Universitaire (Universite Catholique Louvain, Mont-Godinne, Belgium) with Professors Marc Remacle and Georges Lawson where he underwent training in head and neck surgery and laryngology with a focus on robotics (flexible and da Vinci), lasers, phonosurgery, minimally invasive surgery and oncology in both children and adults.

Besides his adult practice, he has spent considerable time in specialist units focusing on paediatric ENT including head and neck and airway surgery i.e. Great Ormond Street Hospital London, the Nuffield Centre for Hearing at Gray's Inn Road and Barts and The London NHS Trust. He is a member of the European Laryngology Society, reviewer for the European Archives of Otolaryngology, Affiliate of the National Cancer Institute of Singapore and fellow of the American Academy of Otolaryngology.



Dr Samintharaj Kumar

DENTAL SURGEON / CEO NUFFIELD DENTAL HOLDINGS

Bachelor of Dental Surgery (Singapore)

Dr Samintharaj Kumar graduated in Dentistry (BDS) from Singapore in 2001 and Medicine (MBBS) from London in 2006. During his dental undergraduate period, he was the first South-East Asian recipient for the David B. Scott Research Fellowship Award (International Association for Dental Research). He spent the final year elective of his medical degree in the Craniofacial Unit at The Hospital for Sick Kids in Toronto, Canada.

During medical school, he received several prizes for excellence in academic merit including the Drummond and Frank Scott Prize for overall performance in preclinical medicine, received awards from the British Association of Plastic Surgeons, British Association of Oral & Maxillofacial Surgeons, The Royal College of Physicians and The Wellcome Trust.

He has also extensive training in Non-Surgical Aesthetic Rejuvenation since 2004. His training has been acquired through courses with providers in the non-surgical industry and has successfully provided such treatments since 2004.

Dr Kumar's postgraduate training in England includes rotations in: Anaesthesia/Intensive Care, Infectious Diseases, ENT, Vascular Surgery, Neurosurgery, Orthopaedics, General Surgery, Accident & Emergency, Maxillofacial Surgery and Plastic Surgery in Singapore.

Dr Kumar is particularly adept at putting nervous patients at ease and has the ability to inspire confidence in them. He is a general dental practitioner, but owing to his hospital training and surgical background, he frequently handles complex cases that have a large surgical focus and aesthetic demand.

Dr Kumar was also a member of the teaching faculty of the Millimetre Perfect Aesthetic Training courses and subsequently directed the Virtualign Aesthetic Training Courses since 2005. Dr Kumar is hence uniquely positioned to be able to thoroughly understand Anti-Aging Medicine, Facial Rejuvenation and its large overlap with Dentistry.

He provides the full clinical spectrum of Dental Implantology, Cosmetic Dentistry and Oral Rehabilitation. He has worked with various Dental Implant systems since 2004 including Nobel Biocare, Dentium, Zeramex, Osstem, Straumann and BioHorizons. He sees patients requiring complex dental rehabilitation or full mouth reconstruction. He accepts referrals for Dental Implant Placement, Sinus Lift Surgery, Complex Bone Augmentation, Periodontal/ Gum Plastic Surgery, Zygomatic Dental Implants/ Tubero Pterygoid Implants, IMDO Surgery, Distraction Osteogenesis, Jaw Surgery which he also performs under intravenous sedation at Nuffield Dental Clinics.

In 2009, he trained under Dr Paulo Malo in Lisbon following which he has been performing All-on-4 Teeth-in-a-Day Implant surgeries and All-on-4 bridge restorations both in England and in Singapore. Dr Kumar was also trained in the Pinhole Surgical Technique by Dr John Chao.

His services include seeing nervous patients, same-day implants, dental implants, denture stabilisation, zygomatic implants, tubero-ptyergoid implants, platelet-rich plasma, Teeth in a Day, Sinus lift Surgery, Bone grafts, Bone Ring Technique, IMDO, Distraction Osteogenesis, Digital Smile Design, CEREC - CAD/ CAM Dentistry, CHAO Pinhole Surgery™, Lip Repositioning Surgery, Anti-wrinkle treatment. Sculptra and Chemical peels for rejuvenation of the face, TMJ pain, MyoBrace, Tongue Tie, Lip Tie, Obstructive Sleep Apnea, Sleep Dentistry and anti-snoring treatment, Invisalign and Damon Braces.

In addition, he sees patients for wisdom teeth and difficult extractions. Due to his experience and previous training, Dr Kumar is particularly able to understand dental patients with complex medical conditions and able to advise specifically on their management within the dental environment.

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