



Speaker: Dr. Lou Chmura, DDS, MS

Lecture Title: Sleep Apnea and Orthodontics

Synopsis:

Dr. Chmura will provide an overview of sleep apnea and its effects on physiology and disease in adults, the pathways to obtaining a diagnosis and an overview of available treatments, finally focusing on those unique non-surgical solutions we as orthodontists can offer for both adults and children.

Course objectives:

1. Understand prevalence of obstructive sleep apnea (OSA) in adults and children
2. Understand normal sleep, the effects of OSA on sleep and the comorbidities associated with untreated OSA.
3. Understand the multi-disciplinary relationships required to treat OSA
4. Understand the current treatment solutions recommended
5. Recognize the unique solutions orthodontists can offer in treating OSA

Short Biography:

Dr. Chmura has been in private practice in Marshall, Michigan since 1991 and has a special interest in systematically incorporating new and diagnostic considerations into orthodontic practice. Dr. Chmura is a member of the American Academy of Dental Sleep Medicine and the Schein Orthodontic Sleep Advisory Board. Dr. Chmura has numerous professional publications and has lectured extensively on integrating innovations into busy orthodontic practices and offers two-day courses on Sleep Apnea and Orthodontics.