

A Novel approach to the Management of TMD, Bruxism, OSA and more. Autonomic Nervous System (ANS) Regulation

David Cheng BA, DDS, FAGD, FICOI

Subject: 180 Occlusion

Credits: 1

Method: Lecture

Thursday, Nov. 14: 7:00–8:00 p.m. CST

Audience: Students, Residents, Dentists, Dental Assistants

Fee: \$37.50 (students); \$37.50 (residents); \$75 (members); \$125 (non-members)

Description

Bruxism, Temporomandibular Disorders (TMD), and Obstructive Sleep Apnea (OSA) often coexist, raising questions about their interrelatedness. While the causal relationships among these conditions remain unclear, one common denominator frequently cited by patients is stress. Stress is often implicated in both bruxism and TMD. Current medical literature provides robust methods for measuring stress and developing resilience. These strategies can effectively reduce anxiety in a matter of minutes for most individuals. Despite this, traditional dental approaches tend to focus primarily on structural issues, aiming to correct physical abnormalities within the oral and maxillofacial regions. However, a holistic approach extends beyond mere structural considerations. By addressing the functional aspects of the entire body, we can offer more comprehensive and effective treatments for our patients. This lecture will explore the interconnectedness of bruxism, TMD, and OSA, emphasizing the importance of stress management and resilience building. Attendees will learn how to integrate these principles into their practice, enhancing patient outcomes through a truly holistic approach.

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Learning Objectives

1. What is the metric to measure stress?
2. What are the four concepts necessary for the successful application of Heart Rate Variability biofeedback?
3. What are the two most crucial factors in determining masticatory efficiency?
4. Name three physiological results of hypocapnia (low Co₂).

Speaker Bio

My journey in deliberate practice began 30 years ago with countless hours of continuing education courses alongside the leading clinicians in the field of dentistry. Learning from these experts enabled me to integrate all aspects of dentistry into my treatment planning.