

Mesaros Symposium

August 22, 2025

The Erickson Alumni Center, Grand Hall ABC

Register Online at
<http://ce.wvu.edu/mesaros>



Changing Lives: The Roles of Dentists in Healthy Sleep

Dr. Matthew P. Patterson, DMD
Diplomate of American Board of Dental Sleep Medicine

Speaker

A 1985 graduate of Temple University School of Dentistry, Dr. Patterson served in the U.S. Navy, where he received advanced training in Periodontics, Fixed and Removable Prosthodontics, Oral Surgery, and Forensic Dentistry. He held numerous leadership positions at the Naval Regional Dental Center, Pensacola, FL, and counted the Blue Angels Flight Demonstration team among his patients. He also served as Dental Officer aboard the historic USS Lexington. Following his Naval service, Dr. Patterson practiced general dentistry for more than thirty years. A sufferer of Obstructive Sleep Apnea for many years, he trained in Dental Sleep Medicine at the L.D. Pankey Institute and the American Academy of Dental Sleep Medicine. He attained Diplomate Status with the American Board of Dental Sleep Medicine. Dr. Patterson has practiced Dental Sleep Medicine since 2012, and founded the Lancaster Snoring and Sleep Center in 2019. He continues to practice Dental Sleep Medicine as well as treat patients who suffer from craniofacial pain, and lectures actively on these disciplines.

Class Schedule

7:45 a.m.	Registration and Light Breakfast
8:45 a.m.	SRBD definitions, prevalence, individual and societal cost, diagnosis, treatment options
10:15 a.m.	Break
10:30 a.m.	Treatment of OSA with oral appliances, types of appliances and how they work, how to incorporate OSA screening and treatment into practice
11:40 a.m.	Wrap up and Q&A
12:00 p.m.	Adjourn

Course Description

Imagine being choked for ten or more seconds a minimum of five times every hour while sleeping. Theoretically, it could happen 276 times per hour! That is Obstructive Sleep Apnea, (OSA), one of a number of types of Sleep Related Breathing Disorders, (SRBDs). With OSA, blood oxygen saturation dips precipitously, and in the long term, these drops can cause or contribute to numerous morbidities, including excessive daytime sleepiness, ADHD, bruxism, diabetes, hypertension, heart dysrhythmias, stroke, etc. Yet OSA remains a largely undiagnosed epidemic. The American Academy of Sleep Medicine estimates that 54 million U.S. adults suffer from this dangerous condition. Moreover, OSA is by far the most common pediatric sleep disorder, affecting 1-3% of pre-school and school aged children, and 80% of the group remain undiagnosed. As dentists, we are in a unique and critical position to turn this tide. In 2019, the ADA recommended that all dentists screen their patients for SRBDs. This course will provide basic knowledge of SRBDs, particularly OSA, as well as how to screen for and treat these conditions. Once diagnosed, dentists have the means to provide proven, effective therapy for OSA sufferers. This training can greatly enhance the quality of, and perhaps even save, your patients' lives. Oral Appliances are recognized as first-line treatments, and we are the ones who can develop the knowledge and expertise to fabricate and maintain these devices. All it takes is proper training, diagnostic, and therapeutic skills. Understand the nuances of oral appliance types and master the selection process to ensure maximal patient health, and more importantly, know when to avoid them to prevent harm. By attending this course, you will receive a foundation in the most current accepted knowledge of SRBDs, OSA screening, diagnosis and treatment, how to further develop your skills, and how to incorporate this vital aspect of health care into your practice.

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Learning Objectives

Following completion of this lecture-based activity, participants should be able to:

1. Recognize the critical importance of healthy sleep and the life-threatening effects of sleep related breathing disorders.
2. Recognize the health burden and the cost of sleep related disordered breathing both to individuals and to society.
3. Describe the head and neck anatomy and metabolic diseases as they relate to obstructive sleep apnea, snoring and bruxism in children and adults.
4. Describe the critical roles dentists play in screening and examination to identify the most common types of sleep related breathing disorders.
5. Describe the oral appliance classifications for sleep related breathing disorders, and the protocols for choosing the correct oral appliance for each patient.
6. Describe the standard of care and new technology in integrating sleep related breathing disorders into the dental practice, and the pathways for further training in Sleep Medicine.

Target Audience

This course is recommended for WVU School of Dentistry faculty, graduate program residents, 3rd and 4th year Dental and Dental Hygiene students, Practicing Dentists, Dental hygienist, and Rural Health preceptor faculty.

CE Registration Before August 15, 2025

WVU SOD Faculty	Free
WVU Rural Health Program Preceptor/Faculty	Free
WVU SOD Dental Students	Free
WVU SOD Graduate Program Residents	Free
WVU SOD Dental Hygiene Students	Free
WVU SOD Hygienists/Assistants/Team Members	Free
Non-WVU SOD Affiliated Dentists & Staff	\$100

Registration Fee will be \$150 after August 15, 2025

ADACERP Credit

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The WVU School of Dentistry designates this activity for 3.0 continuing education credits.

Participants are cautioned about the potential risk of using limited knowledge when incorporating new techniques and procedures into their practices. The School of Dentistry has an obligation to disseminate new knowledge related to dental practice, in doing so, some presentation may include controversial material or commercial references. Concerns or complaints about a CE provider may be directed to the provider or the Commission for Continuing Education Provider Recognition at ADA.org/CERP

Disclosure

All those in a position to control content have indicated that they have no relevant interest to disclose.

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