



HOST: IDA - Tamilnadu State Branch




Chennai Trade Centre
Nandambakkam, Chennai



7th, 8th & 9th February 2025



COURSE NO.	PCC 15
COURSE NAME	OBSTRUCTIVE SLEEP APNEA EXPANDING THE DENTAL PERSPECTIVE
COURSE MENTOR	<p>Dr. Himija Karia. MDS Contact Number: 7709454893</p> 
CHIEF COORDINATOR	<p>Dr. EdeintonArumugam Contact Number: 9841121575</p>
COURSE CO-FACULTY	<p>Dr. S.R.Murugesan. MDS</p>
WORKSHOP COORDINATOR	<p>Dr. Nivethigaa. MDS</p>
COURSE CO-ORDINATORS	<ol style="list-style-type: none"> 1. Dr. Hima Sandeep Contact Number: 9003175288 2. Dr. EdeintonArumugam Contact Number: 9841121575
ABOUT THE COURSE	<p>Obstructive sleep apnea (OSA) is a prevalent sleep disorder characterized by repetitive episodes of upper airway obstruction during sleep, leading to fragmented sleep pattern ultimately resulting in various systemic health consequences. India alone has an estimated 48 million cases of severe OSA. Untreated OSA increases the risk of serious conditions such as high blood pressure, heart disease, stroke, diabetes, and even cognitive issues like memory loss and depression. Additionally, it can contribute to chronic fatigue, affecting daily productivity and quality of life. Early diagnosis and treatment can help in reducing the long term morbidity.</p> <p>Course Description: This comprehensive course is designed for dental professionals looking to deepen their understanding of obstructive sleep apnea (OSA) and its critical role in patient care. The course focuses on the early recognition, screening</p>



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	<p>and treatment of OSA, empowering dentists to incorporate sleep medicine into their practice.</p> <p>Participants will learn about the anatomy and pathophysiology of OSA, explore advanced screening techniques, and discover the latest dental interventions, such as oral appliance therapy, that can improve patients' sleep and overall health. Through case studies and hands-on workshops, attendees will develop the skills to effectively collaborate with sleep specialists, diagnose OSA in their patients, and implement customized treatment plans.</p> <p>By the end of the course, dentists will be equipped to manage OSA, providing comprehensive care that goes beyond traditional dentistry—ensuring healthier, more rested patients.</p> <p>Key Learning Objectives:</p> <ul style="list-style-type: none"> • Recognize the signs and symptoms of obstructive sleep apnea in dental patients. • Understand the role of dental professionals in the multidisciplinary team for diagnosing and managing OSA. • Learn how to implement oral appliance therapy and other dental interventions. • Collaborate effectively with sleep specialists and medical professionals. • Integrate OSA screening and treatment into everyday dental practice.
VENUE	Saveetha Dental College & Hospital
DATE AND TIME	06/02/2025 - 9:00 AM - 2:00 PM
COURSE DURATION	4 hours
TARGET AUDIENCE	General dentists who want to incorporate Sleep Medicine in their practice, Post graduate students of any specialty. Especially beneficial for Orthodontists, Oral Surgeon, Pedodontists, Prosthodontist.
COURSE FEES	Rs. 1500/-
MAXIMUM NO. OF PARTICIPANTS	50