

REGISTER NOW

## 2012 ANNUAL IACA CONFERENCE

*Hollywood, Florida*  
JULY 26-28, 2012



2012 IACA Newsletter  
Presented By:



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### Randy's Raves

#### GET EXCITED!

Two months to go before we all get re-energized in sunny Hollywood, Florida! If you haven't registered yet, please go to [www.theiaca.com](http://www.theiaca.com) for information. Why?

A few reasons you should be very interested: to learn about Total Body Health, Sleep Apnea, Pediatric Orthodontics, Relating TMD to Ortho and Sleep Apnea, the Science of Teeth Whitening, Taking Comprehensive Aesthetics to the Next Level - plus 24 more important topics!

What a deal! 21 hours of continuing education! The beach! Golf! Restaurants! Pools! Shopping! All for a low tuition of \$1495! Why not be there? For all those who are registered, you will not be disappointed. Not only will the education be first class, but you will love the relaxation and social life of south Florida... I promise. Don't miss the ocean breezes, gorgeous sunsets, and delicious food. Did I mention friends? New friends and seeing old friends, the social end will be as good as the educational end. Can't wait to see everyone at this year's IACA.

Randy Jones, DMD, LVIM President IACA 2012

*Register Today for the  
2012 IACA in Hollywood,  
FL! See the fun from last  
year in this newsletter!  
Visit [theiaca.com](http://theiaca.com) for more  
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## Abstract Alley

Sahag Mahseredjian, DMD

**Something to Remember:**  
Temporomandibular disorders and declarative memory, Yang D, Ye L. *Med Hypotheses*. 2011 May;76(5):723-5. Epub 2011 Feb 26.

Temporomandibular disorder (TMD) is a somatic manifestation of stress. Previous researches suggested hypothalamic-pituitary-adrenal (HPA) axis hyperactivity in TMD, through which TMD patients exhibited abnormalities of the stress response hormone - causing additional cortisol release. Increased cortisol, the principal circulating glucocorticoid in humans, would impair memory retrieval of declarative material. This effect on memory retrieval may in particular be due to glucocorticoid receptors (GR) in the hippocampus. The hypothesis we proposed is that TMD might result in declarative memory impairment by increasing the cortisol.

**Searching for answers:**

**Amelioration of obstructive sleep apnea in REM sleep behavior disorder: implications for the neuromuscular control of OSA.**

Huang J, Zhang J, Lam SP, Li SX, Ho CK, Lam V, Yu MW, Wing YK. *Sleep*. 2011 July 1; 34(7): 909-915. doi: 10.5665/SLEEP.1126

**The relationship between REM sleep behavior disorder (RBD) and obstructive sleep apnea (OSA) remains unclear. We aimed to (1) explore the association of REM-related EMG activity (REM-REEA) with OSA in RBD patients; (2) compare the severity of OSA between RBD patients with OSA (RBD-OSA) and their age-, sex-, AHI-, and BMI-matched OSA controls.**

**71 RBD patients in the correlation study and 55 subjects (28 RBD-OSA cases and 27 OSA controls) in the case-control study.**

**In the correlation study, increased REMREEA was associated with lower severity of OSA in RBD patients, including total AHI ( $r = -0.263$ ), NREM AHI ( $r = -0.242$ ), obstructive AHI ( $r = -0.265$ ), and mean apnea duration ( $r = -0.353$ ) ( $P < 0.05$ ). (2) In the case-control study, RBD-OSA patients had lesser severity of sleep apnea parameters than OSA controls in terms of higher nadir SpO<sub>2</sub> ( $85.7\% \pm 4.9\%$  vs  $80.8\% \pm 5.9\%$ ,  $P < 0.01$ ), shorter maximum hypopnea duration ( $53.8 \pm 16.7$  vs  $69.4 \pm 22.4$  seconds,  $P < 0.05$ ), and maximum ( $45.8 \pm 20.5$  vs**

**$60.8 \pm 19.6$  sec,  $P < 0.01$ ) and mean apnea duration ( $22.3 \pm 8.1$  vs  $26.3 \pm 5.8$  sec,  $P < 0.05$ ). Significant interaction effects indicated that the usual REM sleep exacerbation of sleep apneas was seen only in OSA controls but not in RBD subjects.**

### CONCLUSIONS:

**This study demonstrated that excessive EMG activity in RBD might protect patients against severe OSA and suggests this may be a naturalistic model for understanding a neuromuscular control of OSA.**



## Editorial-Memories

Dan Jenkins, DDS, LVIF,  
FACD, FICD, CDE-AADE

We hope in this issue to stimulate your memory cells to recall your past experiences at an IACA meeting. We thought of trying mass hypnosis but the meetings themselves are mesmerizing enough. If you had attended one you would have no problem activating your memory cells, (derived from T-cells), to fight off any inflammatory information you may receive elsewhere that would affect your performance as an IACA member. Attending the IACA Florida meeting will stimulate your brain in new ways...once again. You KNOW you need to update your information often and this is a great way to do it. You KNOW you want to learn new information - and none of the programs at IACA meetings are repeated...ever. You KNOW you need to get away to be refreshed and to have a good time somewhere. You KNOW that an IACA meeting is the where you had the best time of your life with people who have similar philosophies of wanting to learn all that can be assimilated.

It is said a picture is worth a thousand words. Look at all of the pictures of past IACA meetings. You see people enjoying themselves with other people. You see yourself there with your friends you may not have seen personally since the last IACA meeting. You may be sitting around a table discussing how your kids, dogs, and cats are doing. Or, you could be discussing the latest lingualess mandibular advancement device that you heard about in a lecture that day!

As you study these pictures, picture yourself there again...and be there at IACA Florida. Ah...the memories!

**See Below for Good Times in 2011!!!**







# Top Terrific Tours for the 2012 IACA Conference

July 26-28, 2012 Hollywood, Florida

South Florida offers an array of tours and activities for you and your guests. From airboat rides in the Everglades to America's favorite pastime to fabulous shopping at Sawgrass Mills, South Florida has something for everyone! Please contact the hotel's concierge desk at 888-627-9057.



**2012 IACA CONFERENCE**



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HOLLYWOOD,**

**PLEASE CALL 888-627-9057 OR CLICK HERE  
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## FUTURE IACA MEETINGS

<b>2012 Annual Conference</b> <b>The Westin Diplomat</b> July 26 - 28 Hollywood, Florida	<b>2013 Annual Conference</b> <b>Telus Convention Centre</b> August 1-3 Calgary, Alberta
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**The International Association of Comprehensive Aesthetics**  
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