

Register NOW

## 2011 Annual Conference

*San Diego, California*

July 28 - 30, 2011

2011 IACA Newsletter  
Presented By:



DENTALPRACTICECOMPLIANCE.COM  
Simple. Secure. Guaranteed.



## PRABU'S POINTS

### ACTIONS SPEAK LOUDER!

I am grateful to each one of you that has registered for IACA San Diego. It is going to be an amazing meeting. Your IACA board and the team have been working very hard for months to make this IACA meeting the most memorable yet.

We realize that there are many demands on your time and resources. The board members face the same challenges as well. We can definitely understand that. When the conditions of the new economy constitute head winds, you are setting your sails right by choosing to attend IACA San Diego. The infusion of enthusiasm by connecting with like-minded dentists and exchanging ideas is but one of the many benefits of the IACA.

***"Nothing great can be achieved without enthusiasm."***  
**-Ralph Waldo Emerson**

Those of you that are bringing your spouses – whether or not they are part of your practice – have already realized the value. As the spouses connect informally with other spouses, by the pool or at one of many activities - they better understand the passion you feel for comprehensive aesthetic dentistry. They see and understand the passion that drives IACA members to continually improve their knowledge to practice at the highest levels.

Many of us rate our dental guests based on their

dental values. The "A" guests are the raving fans who value our services, spread the word about our practices and are a pleasure to see on the day's schedule. You are the "A" members of the IACA. Thanks to you we continue to grow and have become the voice of Neuromuscular dentistry to the ADA. Your actions – your commitment to the IACA and its role in being the leading edge of dentistry – speak louder than any words.

I look forward to seeing you in San Diego. Please encourage a couple of friends that have not yet registered for IACA San Diego to come join us for their "place in the sun," ....in sunny San Diego!.

– Prabu Raman, DDS, MICCMO, LVIM

## GET INVOLVED for 2012!

**There are four vacancies available for the 2012 IACA board. Apply now and you can become an integral part of the best conference in Dentistry today! If it's not your thing but know someone who would make an outstanding board member, please encourage them to apply. Time is running out so don't wait!**

Click [HERE](#) for more information.



## Abstract Alley

Sahag Mahseredjian, DMD

### Occlusion and brain function: mastication as a prevention of cognitive dysfunction.

ONO, Y., YAMAMOTO, T., KUBO, K.-y. and ONOZUKA, M., (2010 Journal of Oral Rehabilitation, 37: 624-640. doi: 10.1111/j.1365-2842.2010.02079.x

Research in animals and humans has shown that mastication maintains cognitive function in the hippocampus, a brain area important for learning and memory. Reduced mastication, an epidemiological risk factor for the development of dementia in humans, attenuates spatial memory and causes hippocampal neurons to deteriorate morphologically and functionally, especially in aged animals. Active mastication rescues the stress-attenuated hippocampal memory process in animals and attenuates the perception of stress in humans by suppressing endocrinological and autonomic stress responses. Active mastication further improves the performance of sustained cognitive tasks by increasing the activation of the hippocampus

CONTINUED ON PAGE 3

## IACA MEMBERS WELCOME TO SAN DIEGO...

Don't forget to register for the fun filled tours during the conference.

**SAN DIEGO ZOO TOUR:**

**Thursday, July 28th**

**SEAWORLD SPLASH TOUR:**

**Friday, July 29th**

**LEGOMANIA TOUR:**

**Saturday, July 30th**

Space is limited so don't wait, click **HERE** to sign up for a funtastic time!



## EDITORIAL

Dan Jenkins, DDS, LVIF, FACD, FICD, CDE-AADE  
Certified Dental Editor - American Association of Dental Editors

### Why Join?

When I turned 18 I had to register for an active draft in the USA. It wasn't long before I knew I was going to be drafted. My friends and I would discuss our options. Some had fought the draft by successfully staying in college and then to professional school. Some had fought the draft by getting "medical records" to show that they were not physically fit for service. Some fought the draft by claiming conscientious objector status against serving in the military at all. Some even fought the draft by moving to another country. As for me... I fought the draft by joining the Navy.

By joining I avoided some of the issues I had with being drafted but I also gained some benefits. I learned a lot about electronics, Morse Code, teletype use and repair, trouble shooting logic for equipment, intelligence information and procedures, and using authority under adverse conditions when on shore patrol duty. I advanced in rate rapidly, (E-6 in 3 1/2 years), and gained experience as being leading radioman in running the communications division on the ship. Now, if I had to do it over again I'd admit if the circumstances were the same - yes. However, if I did have other options I would rather have gone straight through college through dental school.

In dentistry there are decisions to make regarding joining a group or cause. You may not feel like you have the pressure as in a military draft - but do you? If you are a solitary dentist who is not a member of any organized dental group; who will support you when you have a battle to fight over your philosophy? How well will you stand up against your peers, against your State Dental Board - or a prosecutor?

It is easy to say we don't need to be part of any group because they are not doing anything for us. It is easy to just say, "What's in it for me?" In tough times like these it is even easier to rationalize that the expenses are not worth it to belong to a group whether your practice philosophy is very similar or not.

Traditionally, dentists have been solitary practitioners who hardly even hang around each other let alone belong to a larger group. While 68% of licensed dentists in the USA are members of the major national dental organization many of those who join it are members for unclear reasons. I doubt if more than 20% of those members are actively involved in the operations and decisions made. Those who don't join might not feel represented by the group because they differ in what they feel the organization should be doing. However, 100% of licensed dentists are affected by the actions of that organization! I would say there could be an advantage in having some input as to what deci-

CONTINUED ON PAGE 3



## OH TWO? Ask Dr. Allman

Questions on Dental Sleep Medicine answered by  
Dr. Brian Allman, DDS, DABDSM, DAAPM, FAACP,  
FAGD, FASGD, FICCMO, FAAFO, FIAO.

**Q: Do sleeping pills like Ambien, help someone reach the deeper levels of sleep, stage II, or III or not? Should someone with moderate OSA, (AHI of 20), take them or not?**

A. This is a can of worms. Generally speaking, sedative hypnotics such as Ambien do not facilitate quality sleep; unconsciousness, yes. Also, these drugs have an amnesic effect so patients wake up with recollection of fragmented sleep. There are sleep initiation conditions and CPAP acclimatization issues which short courses of sedative hypnotics, (SH), are appropriate but, for the most part people should avoid OSA exacerbating drugs.

**Q: I have a patient with an Epworth of 14, Neuromuscular Signs & Symptoms, (NMSS), I referred for a sleep study in late March. She had the study on April 18th and I am still awaiting the results. This seems like an excessive amount of time - Your thoughts?**

A. Usually the MDs take a couple of weeks to hand read/interpret the studies - though my colleagues have taken longer when buried, (sound familiar?). When we are in a bind for an assessment, we call and request a fax report. Oftentimes, the reports are finished. Either yours are en route or you have been accidentally left out of the loop. Squeaky wheel - let them know!

Keep on learning!  
Brian

### Why Join? - CONTINUED FROM PAGE 2

sions are made that will affect all dentists anyway.

For neuromuscular dentists there are several organizations that have an emphasis in neuromuscular dentistry. However, if size does matter, the IACA has quickly become the largest group in the world. Sometimes I'm concerned that many of the neuromuscular dentists who do not join other dental organizations also do not feel the need to join a neuromuscular dental organization either. These dentists also think "What's in it for me?"

Joining the IACA gives a neuromuscular dentist a larger group behind them for support and for representing them and their common philosophy to larger non-neuromuscular organizations and possibly to State Dental Boards. When the IACA leaders meet with other dental organization leaders one of the first questions they ask is how many dentists are members of the IACA and how many attend our annual meetings. They are impressed with our numbers but imagine how much more impressed they would be if we doubled in size - which is entirely possible in any given year.

Neuromuscular dentistry is again in a battle. While

CONTINUED ON PAGE 4

## FUTURE IACA MEETINGS

2011 Annual Conference  
Manchester Grand Hyatt  
July 28 - 30  
San Diego, California

2012 Annual Conference  
The Westin Diplomat  
July 26 - 28  
Hollywood, Florida

2013 Annual Conference  
Telus Convention Centre  
July 22 - 24  
Calgary, Alberta

2014 Annual Conference  
Red Rock Resort & Hotel  
July 24 - 26  
Las Vegas, NV

### Abstract Alley - CONTINUED FROM PAGE 2

and the prefrontal cortex, the brain regions that are essential for cognitive processing. Abnormal mastication caused by experimental occlusal disharmony in animals produces chronic stress, which in turn suppresses spatial learning ability. The negative correlation between mastication and corticosteroids has raised the hypothesis that the suppression of the hypothalamic-pituitary-adrenal (HPA) axis by masticatory stimulation contributes, in part, to preserving cognitive functions associated with mastication. In the present review, we examine research pertaining to the mastication-induced amelioration of deficits in cognitive function, its possible relationship with the HPA axis, and the neuronal mechanisms that may be involved in this process in the hippocampus.

### Education in sleep disorders in US dental schools DDS programs.

Simmons MS, Pullinger A., Sleep Breath. 2011 Apr 27.

Medical school surveys of pre-doctoral curriculum hours in the somnology, the study of sleep, and its application in sleep medicine/sleep disorders (SM) show slow progress. Limited information is available regarding dentist training. This study assessed current pre-doctoral dental education in the field of somnology with the hypothesis that increased curriculum hours are being devoted to SM but that competencies are still lacking.

#### MATERIALS AND METHODS:

The 58 US dental schools were surveyed for curriculum offered in Sleep Medicine, (SM), in the 2008/2009 academic year using an eight-topic, 52-item questionnaire mailed to the deans. Two new dental schools with interim accreditation had not graduated a class and were not included. Responses were received from 49 of 56 (87.5%)

CONTINUED ON PAGE 4

**Abstract Alley** - CONTINUED FROM PAGE 3

of the remaining schools.

**RESULTS AND CONCLUSIONS:**

Results showed 75.5% of responding US dental schools reported some teaching time in SM in their pre-doctoral dental program with curriculum hours ranging from 0 to 15 h: 12 schools spent 0 h (24.5%), 26 schools 1-3 h, 5 schools 4-6 h, 3 schools 7-10 h, and 3 schools >10 h. The average number of educational hours was 3.92 h for the schools with curriculum time in SM, (2.96 across all 49 responding schools). The most frequently covered topics included sleep-related breathing disorders, (SRBD), (32 schools) and sleep bruxism (31 schools). Although 3.92 h is an improvement from the mean 2.5 h last reported, the absolute number of curriculum hours given the epidemic scope of sleep problems still appears insufficient in most schools to achieve any competency in screening for SRBD, or sufficient foundation for future involvement in treatment.

**THE BOARD OF DIRECTORS**

- |                           |                      |
|---------------------------|----------------------|
| <b>Prabu Raman</b>        | <b>Randy Jones</b>   |
| <b>Anne-Maree Cole</b>    | <b>Joe Barton</b>    |
| <b>Dianne Benedictson</b> | <b>S. David Buck</b> |
| <b>Mark Duncan</b>        | <b>Jim Harding</b>   |
| <b>Dan Jenkins</b>        | <b>Chong Lee</b>     |
| <b>Drew Markham</b>       | <b>Manisha Patel</b> |

2011 IACA CONFERENCE

**FIND YOUR PLACE IN THE SUN!**



**July 28-30, 2011  
Manchester  
Grand Hyatt  
San Diego, CA**

TO MAKE RESERVATIONS OR FOR MORE INFORMATION, PLEASE CLICK HERE OR CALL 888.421.1442 [GROUP CODE LVI]

**Attention IACA Members:**

**Cranio:** The Journal of Craniomandibular Practice

Cranio is a quarterly journal very open to Neuromuscular Dentistry. For over 28 years, Cranio has published the best of current NMD research. Doctors such as ICCMO Master and Board Regents member as well as IACA member Dr. Tammara Heit had an article published in the January 2011 issue. The articles and editorial board reflect a multidisciplinary approach to the diagnosis and treatment of temporomandibular disorders. Cranio is today's journal for the Neuromuscular Dentist. As a member of the IACA you are eligible to receive a subscription to Cranio at the significantly reduced rate. The 2011 cost is \$99.00/year (US Residents) for either print or online subscriptions or \$120 usd/year (International). This is a savings of close to 35% off of the regular subscription price. I strongly urge you to subscribe. To receive your discount subscription price, please call Donna with Cranio at 1-800-624-4141 and start receiving your Cranio magazine in April. Click [HERE](#) to view the magazine online.

Sincerely,

Joe Barton, DMD, LVIM  
TMD Alliance, Chair Elect  
IACA, Founding President



**Why Join? - CONTINUED FROM PAGE 3**

you do not have to worry about being drafted I really hope all of those past IACA members will voluntarily join in our effort to expand the IACA membership numbers. I also hope many will join in actively participating not only in the IACA but in the other national dental organization to help in neuromuscular dentistry's presence and influence to maintain our right to practice neuromuscular dentistry. For those who would rather not participate I can understand...I'm still friends with those friends of mine who chose to fight the draft. But, like my friends who fought the draft, those who are trying to fight dental boards on their own will eventually have to fight for themselves.

Join in expanding our numbers so the IACA can represent you. Join the meeting so you can be filled in on the latest neuromuscular techniques, the latest cosmetic dentistry techniques, and the latest information as to what the IACA is doing for you – even if you are not a member. Join us in San Diego to show others in dentistry our strength and resolve. Join us... for yourself!

**The International Association of Comprehensive Aesthetics  
1401 Hillshire Drive, Suite 200, Las Vegas, NV 89134  
866.NOW.IACA [www.theIACA.com](http://www.theIACA.com)**

The opinions expressed in this newsletter are those of the author(s) and do not necessarily represent those of the IACA. The IACA does not assume liability for contents of advertisements.