



Dear IAPA Members,

WOW! We had a wonderful and inspirational meeting for three days in Paradise Island, Bahamas at the beautiful Atlantis Resort. I would like to thank the LVI Team, Board Members, and especially, Dr. Dickerson for his vision 10 years ago when he started this meeting.

As we continue our journey, we hope that each one of you will continue to support the IAPA and Neuromuscular Dentistry. As a member this gives you innumerable benefits throughout the year. And, as you all know, next year the IAPA will be celebrating with LVI's 20th Anniversary Gala. We hope that all of you will attend because this will be the best meeting ever due to all of the continuing education that will be provided, during the meeting on the LVI campus.

Past-President of IACA 2014

Chong Lee, DDS, LVIM





President's Message

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Ten short years ago, the International Association of Comprehensive Aesthetics (IACA) was formed to provide a venue for neuromuscular dentists to increase their knowledge, and share their passion for our profession. As we enter our second decade, our members continue to expand the boundaries of what we are able to offer our patients. We are assessing and treating our patient's postural issues, sleep problems, and chronic pain conditions. This is happening while we continue to take care of their major restorative and surgical needs – we are absolutely improving the **PHYSIOLOGY** of our patient's. It is for that reason that I am proud to announce that we are modifying the name of our organization to The International Association of Physiologic Aesthetics (IAPA). This will better reflect the impact and scope of care that we all provide.

Another exciting change involves the annual conference itself! We invite you to reserve the dates of October 22-24, 2015 to join us on the LVI campus for an incredible three days. Being at LVI will allow for some innovative program enhancements that will include:

Over the shoulder live patient demos streamed into lecture halls!

A wider range of clinical and motivational speakers!

Entertainment options that only Las Vegas can offer!

The dental profession continues to evolve, and now more than ever we are facing multiple pressures and intrusions by third parties trying to not only break down our patient relationships, but take an undeserved cut of our profits along the way. There is no better way to stay informed, stay educated, and stay protected from those negative influences than to be an active member of the IAPA.

Please be aware and take advantage of the many value added benefits that we offer that are listed at:
www.theiapa.com/memberservices.html

The Board of the IAPA is always wanting to hear feedback from you. Please feel free to contact me at any time with your suggestions or comments.

See you in Vegas!





Healthy sleep duration linked to less sick time from work

Sleep and Sickness Absence: A Nationally Representative Register-Based Follow-Up Study

Tea Lallukka, Risto Kaikkonen et al.

New research suggests that sleeping 7 to 8 hours per night is associated with the lowest risk of absence from work due to sickness. The results underscore the importance of the “Sleep Well, Be Well” campaign of the National Healthy Sleep Awareness Project, a collaboration between the Centers for Disease Control and Prevention, American Academy of Sleep Medicine, Sleep Research Society and other partners.

Results show that the risk of an extended absence from work due to sickness rose sharply among those who reported sleeping less than 6 hours or more than 9 hours per night. Further analysis found that the optimal sleep duration with the lowest risk of sickness absence from work was between 7 and 8 hours per night: 7 hours, 38 minutes for women and 7 hours, 46 minutes for men. Insomnia-related symptoms, early morning awakenings, feeling more tired than others, and using sleeping pills also were consistently associated with a significant increase in workdays lost due to sickness.

SLEEP, 2014; DOI:10.5665/sleep.3986

Antibacterial Fillings?

Evaluation of three-dimensional biofilms on antibacterial bonding agents containing novel quaternary ammonium methacrylates

Han Zhou, Michael D Weir, Joseph M Antonucci, Gary E Schumacher, Xue-Dong Zhou, and Hockin HK Xu

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PMCID: PMC4071290

Antibacterial adhesives are promising to inhibit biofilms and secondary caries. The objectives of this study were to synthesize and incorporate quaternary ammonium methacrylates into adhesives, and investigate the alkyl chain length effects on three-dimensional biofilms adherent on adhesives for the first time. Six quaternary ammonium methacrylates with chain lengths of 3, 6, 9, 12, 16 and 18 were synthesized and incorporated into Scotchbond Multi-Purpose. *Streptococcus mutans* bacteria were cultured on resin to form biofilms. Confocal laser scanning microscopy was used to measure biofilm thickness, live/dead volumes and live-bacteria percentage vs. distance from resin surface. Biofilm thickness was the greatest for Scotchbond control; it decreased with increasing chain length, reaching a minimum at chain length 16. Live-biofilm volume had a similar trend. Dead-biofilm volume increased with increasing chain length. The adhesive with chain length 9 had 37% live bacteria near resin surface, but close to 100% live bacteria in the biofilm top section. For chain length 16, there were nearly 0% live bacteria throughout the three-dimensional biofilm. In conclusion, strong antibacterial activity was achieved by adding quaternary ammonium into adhesive, with biofilm thickness and live-biofilm volume decreasing as chain length was increased from 3 to 16. Antibacterial adhesives typically only inhibited bacteria close to its surface; however, adhesive with chain length 16 had mostly dead bacteria in the entire three-dimensional biofilm. Antibacterial adhesive with chain length 16 is promising to inhibit biofilms at the margins and combat secondary caries.

To all IACA members and future IACA members:

The IACA board at the last meeting and after months of thought and deliberation, decided to make a name change in the organization. They realized that the current name, International Association of Comprehensive Aesthetics, really didn't exemplify what we were all about. There is no doubt that the majority of members consider themselves to be more **PHYSIOLOGICALLY** based than the average dentist. Everything we do is based on physiology or should be. The Board wanted the name to reflect that and after going back and forth on names and with the intent to keep it as simple as possible with no change in the appearance of the logo or even the flow of the name of the organization, they decided almost unanimously on the following name:

The International Association of Physiologic Aesthetics.... Or.... IAPA

So... one simple letter... one simple word... better defines what we are all about.

I know there will be some that disagree... but we also polled our instructors who also wanted the name change to better reflect what we are all about. Rest assured that both names will be in existence for a while during the transition stage. A search of the IACA will bring them to the IAPA page... and the IACA website will be kept active as we transition to the new website... www.theiapa.com.

Nothing changes about the organization except one word. So please trust in your board that this is a good thing for you, your patients and the future of the organization. Thanks in advance for understanding.



Register Today!



LVI Global
20th Anniversary Gala

October 22-24, 2015

LVI Global Campus

To Register visit www.theiapa.com or call 888.584.3237