

# DISTINGUISHED SPEAKER



**DR AUDREY YOON**

Dr Audrey Yoon is a dual-trained orthodontist and paediatric dentist who specialises in sleep medicine. She practises the full scope of non-surgical and surgical orthodontics from paediatric to geriatric population for airway management, including growth modification, paediatric palatal expansion, customised Miniscrew-Assisted Rapid Palatal Expansion (MARPE), Distraction Osteogenesis Maxillary Expansion (DOME), Orthodontic treatment for Maxillomandibular Advancement (MMA), clear aligner therapy and oral appliances for sleep apnea.

She completed her orthodontic and paediatric dentistry residencies at the University of California Los Angeles (UCLA). She first earned her Doctor of Dental Surgery at Seoul National University and earned another Doctor of Dental Surgery and Master of Science degree, completing extensive research in Obstructive Sleep Apnea (OSA) at UCLA.

She is an Adjunct Assistant Professor of the Stanford Sleep Medicine Center at Stanford University, an Assistant Professor in Orthodontics at the University of the Pacific, a Clinical Assistant Professor at the University of California San Francisco, and a Clinical Associate Faculty at Tufts University School of Dental Medicine. She is also a Co-Director of the Paediatric Dental Sleep Mini-residency program at Tufts University. She is a Diplomate of the American Board of Dental Sleep Medicine and a Diplomate of the American Board of Orthodontics. She has created the World Dentofacial Sleep Society (WDSS) and is a founding President of WDSS. She also created the Pacific Dental Medicine Sleep Fellowship program at the University of the Pacific and currently serves as Program Director. She is also a Co-Founder of the paediatric dental sleep medicine mini-residency at Tufts University.

She has introduced a pioneering technique, performing maxillary distraction osteogenesis for the treatment of OSA and has co-authored chapters on this subject in many leading textbooks. Currently, her active areas of research include craniofacial growth modification, customised distractor designs, surgery-first approach of maxillomandibular advancement surgery technique, and the genomic study to identify genetic anatomical factors relating to OSA.



# PANELLISTS



**DR KENNY PANG**

Dr Kenny Pang is a leader in the field of Ear, Nose and Throat (ENT), Sleep Medicine and Sleep Surgery. He graduated from the Faculty of Medicine, National University of Singapore. He attained his Surgical Fellowship from both the Royal College of Surgeons in Edinburgh and Ireland, and his Masters of Medicine (ENT).

Dr Pang completed the sleep surgery and sleep medicine fellowship with Professor David Terris, in the Department of Otolaryngology-Head and Neck Surgery, Georgia Sleep Centre, Medical College of Georgia (MCG) in US; and with Professor Tucker Woodson in Medical College of Wisconsin, Milwaukee, US.

Dr Pang invented two very successful snoring surgeries, the Expansion Sphincter Pharyngoplasty and the Anterior Palatoplasty.

Dr Pang is the course director of major international courses in Singapore in 2006, 2008, 2010, 2013 and 2016, which were attended by more than 1,000 ENT specialists from all over the world. He has been invited over 80 times Internationally as Keynote Speaker in Sleep and Snoring Courses.

Dr Pang is the author of Singapore's Handbook of ENT & Sleep Disorder and the Sleep Solutions/Sleep Matters Book. He has written over 30 chapters for various American ENT/ Sleep textbooks; and published over 60 scientific papers in International journals.

Dr Pang is the Chief Editor in the International Sleep Surgical Textbook for surgeons, titled Advanced Surgical Technique in Snoring and Obstructive Sleep Apnea, published by the American Plural Publishing.



# PANELLISTS



**DR MIMI YOW**

Dr Mimi Yow is an orthodontist with more than three decades of experience in interdisciplinary hospital-based practice. She practises full-time with the SingHealth Sleep, Cleft and Craniofacial, and Orthognathic Surgery teams.

She is the Director of Clinical Services at the SingHealth Duke-NUS Sleep Centre for the management of sleep disorders located in campuses at the Singapore General Hospital, KK Women's and Children's Hospital, Changi General Hospital and Sengkang General Hospital.

She is a Clinical Associate Professor at the Duke-NUS Medical School and the Faculty of Dentistry, National University of Singapore. She is also the Associate Programme Director of the National Dental Centre–National University of Singapore Orthodontics Residency Training Programme.

She lectures dental, medical, and surgical graduates and postgraduates. Her research interests are in sleep-disordered breathing, sleep-bruxism, and cleft and craniofacial anomalies.



**DR HU SHIJIA**

Dr Hu Shijia is currently a consultant in the Discipline of Paediatric Dentistry at the National University Centre for Oral Health, where he manages the oral health of children.

Additionally, he trains dental students and paediatric dentistry residents in his capacity as the undergraduate module coordinator for paediatric dentistry at the Faculty of Dentistry, National University of Singapore.

Dr Hu completed his residency in paediatric dentistry at the University of North Carolina, where he was also awarded a PhD in oral biology. Professionally, he is a board-certified paediatric dentist with both the American Board of Pediatric Dentistry as well as the Specialist Accreditation Board (Singapore).

He is also currently the President of the Society of Paediatric Dentistry Singapore.



# PANELLISTS



**DR ERIC LYE KOK WENG**

Dr Eric Lye Kok Weng is an Oral and Maxillofacial Surgeon in Singapore. He graduated from the National University of Singapore in 1998 and completed his Oral and Maxillofacial Surgery (OMS) residency training in 2003. He was awarded the national training award, and underwent fellowship training in the management of Obstructive Sleep Apnea (OSA) at the University of Alabama at Birmingham, US in 2006.

From 2007 onwards, Dr Lye has been treating OMS and OSA patients in multiple hospitals. He also completed his doctorate in Biomaterial at Radboud University in Nijmegen, The Netherlands in 2011. He currently works at Mount Elizabeth Novena Specialist Centre, Singapore and also provides OSA services to two public hospitals in Singapore.

He is active in teaching and research and has published several papers and book chapters in the areas of OMS and OSA. He has also lectured widely both locally and overseas. His special interests are in the field of OSA, facial aesthetics, 3D orthognathic surgery planning and Surgery-first orthognathic surgery.



**DR MICHAEL LIM TEIK CHUNG**

Dr Michael Lim Teik Chung is a Senior Consultant with the Division of Paediatric Pulmonary Medicine and Sleep, Department of Paediatrics at the National University Hospital, Singapore. He graduated from Imperial College School of Medicine, London and is a Fellow of the Royal College of Paediatrics and Child Health (UK) and the College of Chest Physicians (USA). Dr Lim is dually-accredited in Paediatrics and Paediatric Respiratory Medicine in the UK, and has specialist accreditation in Paediatric Medicine in Singapore.

Dr Lim has published in the fields of paediatric pulmonology, sleep, and critical care medicine. His main clinical interests are in childhood respiratory illnesses and sleep medicine.



# MODERATOR



**DR DAVID K. L. TAY**

Dr David K. L. Tay was formerly a tenured faculty member in the Department of Restorative Dentistry, Faculty of Dentistry, National University of Singapore. Since 1993, he has been in full-time private practice limited to the specialty of prosthodontics.

He has published in scientific journals, contributed to prosthodontic textbooks and given numerous presentations and courses on Prosthodontics, Occlusion, Temporomandibular Disorders (TMD) / Orofacial Pain and Dental Sleep Medicine, both locally and overseas. He is currently involved in a funded project, in collaboration with researchers from Singapore General Hospital Sleep Centre, National Neuroscience Institute and National Dental Centre of Singapore, to better phenotype Sleep Bruxism.

Dr Tay has over 20 years' experience in Oral Appliance Therapy and has been co-managing patients with sleep-disordered breathing in close collaboration with an interdisciplinary team of sleep professionals. His other special interests include full-mouth occlusal rehabilitation, the management of temporomandibular disorders and chronic orofacial pain, and golf.

He holds memberships in several professional organisations including the International College of Prosthodontists, American Equilibration Society, Pain Association of Singapore and the American Academy of Dental Sleep Medicine. He was former Chairman, Chapter of Dental Surgeons, Academy of Medicine (Singapore) and past President of the Prosthodontic Society (Singapore). He is also a member of the newly formed Chapter of Sleep Medicine Physicians, Academy of Medicine (Singapore).

He is, presently the Clinical Director of the new Dental Sleep Medicine Division at T32 Dental Centre, Camden Medical Centre, Singapore.



# TOPIC SYNOPSES



**27 NOV (SUNDAY)**

**9.40am**

## **Find New Scientific Evidences from Everyday Practice**

- Understand the dentist's role in identifying airway disorder in everyday practice;
- Learn the screening protocols and spectrum of available therapies;
- Comprehend tongue posture and craniofacial development;
- Integrative and functional approaches to craniofacial structure modification: interdisciplinary approach

**11.15am**

## **Orthodontist's role for children with sleep-disordered breathing**

Most current orthodontic treatments for obstructive sleep apnea have focused on changing the anatomy to increase the airway space. However, most of orthodontists do not understand the mechanism how anatomical changes affect the pathophysiology of obstructive sleep apnea (OSA).

Dr Yoon will present her extensive research to deepen your understanding of the relationship between anatomical factor and physiology of OSA. Dr Yoon will also discuss the early identification of the etiology and understanding the pathophysiology to prevent diseases. In addition, she will share the orthodontic approach for modifying orofacial growth and development with the latest technique to achieve ideal skeletal structures and to reprogram of orofacial muscle function.



# TOPIC SYNOPSES



**27 NOV (SUNDAY)**

**1.30pm**

## **Growth Modification Protocol: From Infant to Children (Part 1)**

As knowledge of sleep medicine increases, it is critical that other oral healthcare providers such as paediatric dentists and orthodontists are equipped with the knowledge to help contribute to interdisciplinary care for paediatric patients with obstructive sleep apnea (OSA). As our professions strive to bridge the gap between sleep surgery and orthodontics, it is imperative that providers have a clinical guideline to follow as patients grow and develop. Orthodontists can manipulate and guide craniofacial growth patterns depending on a patient's age. Therefore, it is important to understand which strategies can be used in conjunction with other providers to help create a team-based approach to care.

With an orthodontist's extensive knowledge of the craniofacial growth and development stages, providers can take advantage of the therapeutic appliances that can make a substantial change in a patient's growth pattern during maturity. As a child grows from infancy to adulthood, the dentition and craniofacial complex change with various growth patterns that can be intercepted and targeted at the right time.

**3.00pm**

## **Growth Modification Protocol: Teenager to Adult (Part 2)**

- **What to Do vs What Not to Do?**
  - **How to Design Sleep Surgery?**
  - **Growth Modification Guidelines**
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- Understand specific orthodontic treatment options that can be offered for infants and adults with sleep-disordered breathing
  - Define why early diagnosis and treatment of sleep-disordered breathing is imperative for children's growth and development
  - Understand the differential growth of each craniofacial structure
  - Understand when and how selection and design of orthodontic apply in the right place at the right time