



## MINI-RESIDENCY IN DENTAL SLEEP MEDICINE & TEMPOROMANDIBULAR JOINT DYSFUNCTION

Venue: Lakeside Conference Centre, Macquarie University  
99 Talavera Rd, Macquarie Park NSW  
Parking is complimentary

All sessions will start at 9am. (Registration starts from 8:30am.)  
Lectures will finish by approximately 5pm, with case discussions to follow.

## DID YOU KNOW?

### FACT 1

MOST TMD PROBLEMS HAVE BRUXISM AS A PART OF THEIR AETIOLOGY

### FACT 2

1 IN 3 PATIENTS WHO PRESENT TO DENTISTS CAN POTENTIALLY HAVE A SLEEP  
AND/OR A TMD PROBLEM

### FACT 3

BRUXISM HAS BEEN LINKED TO SLEEP RELATED BREATHING DISORDER

### FACT 4

OCCUSAL SPLINTS CAN POTENTIALLY WORSEN THEIR SLEEP BREATHING DISORDER  
AND YOU COULD SLOWLY BE SUFFOCATING YOUR PATIENTS

### FACT 5

SLEEP BREATHING DISORDERS IN KIDS CAN LEAD TO LEARNING DIFFICULTIES AND EFFECT  
GROWTH AND DEVELOPMENT (AS MOST HORMONES ARE PRODUCED DURING SLEEP)

### FACT 6

PEOPLE WITH FUNCTIONAL SYNDROMES SUCH AS FIBROMYALGIA, CHRONIC FATIGUE  
SYNDROME, IRRITABLE BOWEL SYNDROME ETC ALL HAVE AN UNDERLYING SLEEP  
BREATHING DISORDER.

### FACT 7

MELATONIN (THE SLEEP HORMONE) IS MADE FROM SEROTONIN (THE HAPPY HORMONE),  
SO IF ARE NOT HAPPY AND NOT SLEEPING WELL, ITS ALL LINKED AND CAN BE TREATED  
VERY EFFECTIVELY BY UNDERSTANDING NUTRITIONAL MEDICINE.

### FACT 8

80% OF KIDS WITH ADHD ARE MISDIAGNOSED SLEEP BREATHING DISORDER KIDS

### FACT 9

SLEEP MEDICINE IS SUCH AN EASY SKILL TO LEARN AND IMPLEMENT IN YOUR PRACTICES.

### FACT 10

PATIENTS WHO SNORE CAN POTENTIALLY GET STROKES.

# MEET OUR EXPERTS



**DR MANISH SHAH**

COSMETIC DENTIST, EXPERT  
IN SLEEP MEDICINE & TMD

- B.D.S. (Hons) (Syd Uni.)
- MBBS
- MMED (Sleep Med)
- General medical practitioner
- General, implant, and cosmetic dentist
- Certified in TMJ & Craniofacial Pain Management



**DR KENNETH LEE**

PRINCIPAL LECTURER  
FOR IAADENT

- Chair of Dental Science, Postgraduate Studies, Universitat Jaume I (Castellon)
- Chair of the Division of TMD, Dental AI Association (DAIA)
- Professor & Head of Orthodontics & Dentofacial Orthopaedics Postgraduate Studies, Universitat Jaume I (Castellon)
- Professor of Dental Implantology, Universitat Jaume I (Castellon)
- Editor in Chief for Stomatology Edu
- B.D.S (Syd Uni) , Grad. Dip of Health Sc. (Uni. W. Syd)
- Grad. Dip Clin Dent (Orth) (Uni. of Bolton)
- MSc in Oral Implantology (Frankfurt University)
- MDSc in Orthodontics & Dentofacial Orthopedics, magna cum laude (UJI, Castellon)
- Fellow International College of Dentists
- Fellow Pierre Fauchard Academy
- Fellow American College of Dentists
- Diplomate International Board of Orthodontics
- Fellow, Diplomate and Master Senior Instructor of International Association for Orthodontics (USA), International Board of Orthodontics Certified
- Chair of Education for International Association of Orthodontics (2019-2022)
- President of International Association of Orthodontics (2015/2016)
- Fellow of American Association for Functional Orthodontics (USA)
- Fellow American Academy of Craniofacial Pain
- Fellow of International Academy of Dento-Facial Esthetics (IADFE)
- Fellow and Diplomate of International Congress of Oral Implantologists (USA)
- Fellow, Diplomate, and International Board Member of the World Academy of Ultrasonic Piezo Surgery
- Fellow, Mastership and Diplomate of International Dental Implant Association
- President of International Dental Implant Association Australia
- International Ambassador and Editorial Board Member of American Academy of Oral Surgery



**A/ PROFESSOR  
NARINDER SINGH**

- ENT Specialist Surgeon, Rhinologist
- MBBS (Syd.)
- MS (Syd.)
- FRACS (OHNS)



**ROCHELLE  
MCPHERSON**

- Orofacial Myologist
- OM Health



**IAADent**  
International Academy of Advanced Dentistry

#### IAADent Terms and Conditions-

Privacy Policy: IAADent values your privacy and will NOT give details of any course participants to a third party. Any arrangement/s made between the IAADent course participant and the third party is outside the involvement of IAADent. Any patient information needs to be de-identified if presenting or discussing cases. Only AHPRA Registered Dental Practitioners are to register in IAADent Courses. All Dental Practitioners attending IAADent course/s are required to have current professional indemnity insurance cover. All course participants are to refer to Australian Dental Board Guidelines for Scope of Practice and Scope of Practice Registration Standards and to work within their own scope of practice.

## MODULE

## LECTURE TOPICS

### MODULE 1

24-25 JULY 2026 IN SYDNEY

OR

12-24 AUGUST 2026 IN KENYA (ADDITIONAL COSTS APPLY, CONTACT US)

INTRODUCTION TO SLEEP MEDICINE, NORMAL SLEEP, ABNORMAL SLEEP, EPIDEMIOLOGY  
DEFINITIONS OF APNOEA, HYPOPNEA, CENTRAL APNOEA  
ANATOMY, SNORING AND UARS  
CAUSES OF OSA, EFFECTS OF OSA  
BRUXISM, HEADACHES AND TMD  
HISTORY  
EXAMINATION  
INVESTIGATIONS - SLEEP STUDY  
INVESTIGATIONS - OPG/CBCT/BLOODS

### MODULE 2

18-19 SEPTEMBER 2026

BRUXISM, HEADACHES, AND TMD  
CHILDREN AND SLEEP  
ENT MANAGEMENT OF OSA IN CHILDREN  
ENT MANAGEMENT OF OSA IN ADULTS  
INTRODUCTION TO NUTRITIONAL MEDICINE AND SLEEP  
MANAGEMENT OF SLEEP & BRUXISM  
ROLE OF ORAL MYOLOGY IN OSA IN ADULTS AND CHILDREN

### MODULE 3

16-17 OCTOBER 2026

INTRODUCTION TO TEMPOROMANDIBULAR JOINT DYSFUNCTION  
PAIN AND RELATIONSHIP WITH TMD  
UNDERSTANDING TMJ, ITS FUNCTIONAL ANATOMY, JOINT AND MUSCLE  
PATHOLOGIES THAT COMPRISE TMD  
UNDERSTANDING PAIN AND FACTORS CONTRIBUTING TO TMD  
UNDERSTANDING BRUXISM  
TMD WORK-UP (RECORDS); FORMULATE SYSTEMATIC AND WHOLISTIC  
TMD MGMT. WORK-UP  
DIFFERENTIAL DIAGNOSIS  
INTRODUCTION TO SPLINT THERAPY

### MODULE 4

13-14 NOVEMBER 2026

SPLINT THERAPY (CONTINUED)  
INTRODUCTION TO ADJUNCTIVE THERAPIES  
TRIGGER POINTS  
LASER THERAPY  
ACUPUNCTURE/DRY NEEDLING  
BOTULISM TYPE A TOXIN

### MODULE 5

11-12 DECEMBER 2026

SPLINT THERAPY AND ADJUSTMENTS  
ADJUNCTIVE THERAPIES (CONTINUED)  
PHARMACOLOGY  
REGENERATIVE MEDICINE  
PAIN-SLEEP INTERACTIONS  
SLEEP AND NOCICEPTION  
MANAGEMENT OF PATIENTS WITH CHRONIC PAIN  
AND COMORBID SLEEP ISSUES

NOTE: ALL DATES ARE SUBJECT TO CHANGE. DURING THE COURSE, THERE COULD BE SOME CHANGES TO THE DATES/VENUE/ CONTENTS. SHOULD THIS HAPPEN, YOU WILL BE NOTIFIED VIA EMAIL, IN ADVANCE, REGARDING THE DATE/VENUE CHANGE.

# MINI-RESIDENCY IN DENTAL SLEEP MEDICINE & TEMPOROMANDIBULAR JOINT DYSFUNCTION 2026

## REGISTRATION FORM

### YOUR DETAILS

PLEASE FILL IN ALL DETAILS BELOW

**NAME:** DR

**ADDRESS:** \_\_\_\_\_

PLEASE INCLUDE POST CODE

**MOBILE NO:** \_\_\_\_\_

**SURGERY PH:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

I HAVE READ/UNDERSTOOD AND AGREE TO THE TERMS AND CONDITIONS ON PAGE 2 OF THIS PAMPHLET.

**DIETARY REQUIREMENTS:** \_\_\_\_\_

### REGISTRATION OPTIONS

ALL FEES ARE INCLUSIVE OF GST

YOU MAY SELECT TO EITHER ATTEND ALL 6 MODULES OR INDIVIDUALLY SELECT WHICH MODULES YOU ARE INTERESTED/ABLE TO ATTEND.

ALL 5 MODULES PRE-PAID IN FULL: \$15 125

OR

MODULE 1 (SYDNEY): \$3 025

MODULE 2: \$3 025

MODULE 4: \$3 025

MODULE 1 (KENYA): TBA

MODULE 3: \$3 025

MODULE 5: \$3 025

### PAYMENT OPTIONS (Tick one)

PLEASE TICK ONE AND FILL IN YOUR DETAILS

**DIRECT BANK TRANSFER - PLEASE INCLUDE YOUR NAME (AS ABOVE)**

ACCOUNT NAME: IAADENT

BSB: 032012

ACCOUNT NUMBER: 000928

**PLEASE CHARGE MY CREDIT CARD:**

VISA/MASTERCARD (1% SURCHARGE)

AMEX (2% SURCHARGE)

**CARD NO:** \_\_\_\_\_

**EXPIRY:** \_\_\_\_/\_\_\_\_

**CVV:** \_\_\_\_\_

**CARDHOLDER NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**\$500 DEPOSIT IS REQUIRED FOR REGISTRATION TO BE CONFIRMED.**

**CANCELLATION POLICY**

IF REGISTRATION IS CANCELLED LESS THAN 4 WEEKS PRIOR TO THE COURSE, A 50% CANCELLATION FEE WILL APPLY. IF CANCELLATION IS WITHIN 2 WEEKS OF COURSE, 100% CANCELLATION FEE WILL APPLY. ALL CANCELLATIONS OR NOTICE OF NON-ATTENDANCE MUST BE MADE, IN WRITING VIA EMAIL, TO ADMIN@IAADENT.COM. WHERE NO WRITTEN NOTICE IS GIVEN, THERE WILL BE NO REFUND ISSUED.

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**INTERNATIONAL ACADEMY OF  
ADVANCED DENTISTRY**

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P: (02) 9223 6676

**PLEASE SEND THIS FORM BACK TO  
US USING THE DETAILS BELOW AND  
WE WILL CONTACT YOU. THANK YOU!**