

# 3<sup>RD</sup> BSDSM SYMPOSIUM 21-22 MAY 2011

RINGLEY PARK DENTAL PRACTICE  
REIGATE, SURREY



The third BSDSM symposium was held at the prestigious Ringley Park Dental Practice on 21-22 May 2011

Course delegates assembled from across the UK but we were also honoured to welcome attendees from as far away as Ireland, Norway, Italy and Portugal

We were particularly delighted to welcome Dr Miguel Meira e Cruz, President of the Portuguese National Congress of Dental Sleep Medicine

Day 1 concentrated on Basic Sleep Medicine, patient assessment and management. Attendees were presented with a comprehensive course manual which included all of the slide presentations and patient evaluation and monitoring forms

Our key note speaker, Prof J Stradling, described sleep and some unusual parasomnias as well as giving a superb overview of sleep related breathing disorders and OSA

A 'hands on' session allowed delegates to practice protrusive registrations and fitting a variety of custom mandibular repositioning devices

The formal proceedings were followed by a drinks reception and BSDSM dinner where delegates relaxed and had the opportunity to get to know each other and socialise with the lecturers and members of the Board

The Sunday Master Class included in depth presentations on OSA and cardiovascular risk, overnight sleep monitoring devices, diagnosis of sleep related breathing disorders, what the GDP needs to know about snoring and OSA and the role of the paediatric dentist in the multidisciplinary management of SDB in children

One of the highlights was a presentation by Dr Franco Saachi, a BSDSM member from Milan. He described how he started a SDB service in his own practice and presented a superb video that he has made which elegantly displays the relationship between OSA, heart rate, breathing and oxygen desaturations. An English version will soon be available for viewing on 'YouTube' and on the BSDSM website.

Delegate feedback was universally 'highly favourable'. The quality of the presentations, the informal atmosphere, the practice facilities and the marvellous food were all highlighted.

My thanks go to all the lecturers who gave their valuable time to share their experience and knowledge and to the Board for all their hard work

A special 'thank you' should also be sent to the partners of the Ringley Park Dental Practice who kindly allowed us to use their wonderful facility to hold this event

Roy Dookun  
BSDSM President