



**Australian Asian
Association of Dentists**



**EVENTS
PROGRAM** | 2020

We are excited to present an excellent list of speakers this year in Orthodontics, Auricular Medicine and Endodontics.

This year's membership will include the following:

- A total of 4 meetings including 3 academic meetings and 1 of our famous end of year Christmas parties.
- 3 academic meetings are presented by leading specialists speaking on a broad range of contemporary engaging dental topics. Also including 10-course Chinese banquet and wine. An accumulation of 6 CPD points will be achieved in total.
- The end of year social event is a terrific wind down before Christmas and it is a great opportunity for you to network with dental professionals and colleagues and **win** heaps of lucky door prizes!

Please note: annual membership registration closes after the 1st academic meeting. Please make sure you register your membership before then to take advantage of great savings.

COST MEMBERSHIP

\$380 STANDARD
MEMBERSHIP

\$200 STUDENT
MEMBERSHIP

NON MEMBERS
\$120 PER ACADEMIC MEETING
\$150 PER CHRISTMAS PARTY

STUDENT NON MEMBERS
\$49 PER ACADEMIC MEETING
\$90 PER CHRISTMAS PARTY

REGISTER AT

www.aaad.org.au/membership

Wednesday 11 March 2020

The Crucial role of orthodontics in the multidisciplinary treatment of paediatric OSAS

Presented by:
Dr Derek Mahony

Time:
6:30pm-9:30pm

Venue:
Marigold Chinese Restaurant, Sydney



This study (my PhD research) followed 3329 children between ages of 7-9 yo, who were referred to me for an orthodontic consultation by their general dentist. The purpose of the study was to see what combination of treatments would most reduce the impact of sleep disordered breathing, in the paediatric population.

Based on the signs and symptoms of sleep disordered breathing problems, 3326 patients had the standard orthodontic records of study casts, X-rays/CBCTs, extra oral and intra oral photographs, as well as a baseline sleep study (PSG) or an overnight pulse oximetry. Sleep studies revealed mild to moderate sleep apnoea, or other symptoms of SDB. 21 patients PSG studies showed no SDB.

The patients were assigned to 1 of 4 treatment groups, plus a control group who did not receive any treatment (group 5): 1) ENT surgery only, or 2) ENT surgery and Myofunctional therapy, with a night time appliance (myobrace) (MFT) or 3) ENT surgery and orthopaedics/orthodontics, and 4) ENT surgery, orthopaedics/orthodontics, MFT and a night-time appliance (myobrace).

Sleep studies were performed for all patients, at baseline, and then after ENT intervention, after orthopaedic treatment, and finally after MFT. By comparing the results, the best outcome, for RDI reduction, was obtained when ENT surgery, myofunctional therapy and orthodontic therapy were used.

Complete resolution of OSAs, in children, requires appropriate orthodontic treatment, such as maxillary development, maxillary protraction, and mandibular translation.

Learning outcomes:

- 1) Compare different combined treatment modalities for the treatment of paediatric OSAS
- 2) Include orthodontics in treatment plans for paediatric OSAS
- 3) Identify the relationship between malocclusions and SDB in children
- 4) Review the common ENT procedures that help restore nasal breathing in children
- 5) Summarize the most favourable dentofacial orthopaedic treatment outcomes for these children, once their nasal airway has been improved
- 6) Compare stability of their improved airway with and without MFT

DR DEREK MAHONY

Dr. Mahony is a Specialist Orthodontist who has been in private practice for over 30 years. He has built his practice, clinical teaching, and worldwide reputation in offering early interceptive orthodontic treatment. Dr. Mahony is an invited reviewer for many dental journals, in the field of facial development, and its association with nasal breathing. He has been involved in leading research linking maxillary arch expansion to a number of systemic disorders such as bed wetting and ADHD.



Wednesday 17 June 2020

Auricular Acupuncture in Dentistry – for the Patient and the Dentist

Presented by:

Dr Im Quah-Smith

Time:

6:30pm-9:30pm

Venue:

Marigold Chinese Restaurant, Sydney



AURICULAR MEDICINE IN DENTISTRY - FOR THE PATIENT

- The auricle as keyboard access to brain and body
- Peri-operative central pain control -Innervation and access to cingulate and thalamus
- Tension headaches, enthesopathies, TMJ dysfunction and chronic clenching
- Dental foci and their links to multi-system changes

AURICULAR STIMULATION FOR SELF CARE - FOR THE DENTIST

- Head and neck tension
- Lower back pain
- Stress management
- Mental Clarity

DR IM QUAH-SMITH MBBS MD PHD

Dr. Im Quah-Smith is based in Sydney, Australia. She has a dual career in primary care (where she has an interest in preventative medicine, health and wellbeing) and research in acupuncture, auricular medicine, human resilience and mindfulness based strategies. She firmly believes that clinical research today has much to gain from inter-faculty collaborative projects for improving study designs and outcomes.

She is on the editorial committees of Medical Acupuncture, Medicines and OBM Integrative and Complimentary Medicine. Over her 25 years career in acupuncture and related therapies includes Traditional Chinese Medicine, Japanese Hara, Meridian Therapies, Yamamoto New Scalp Acupuncture and Auricular Medicine. She is the founding director of Roseville Wellness Group (RWG) where a healing centre approach

to health and wellbeing facilitates all aspects of patient care and recovery. Being an independent medical researcher, she is available for consultations and collaborations in the above fields of research.

She is co-investigator in the Neonatal Intensive Care Unit (NICU) auricular medicine projects at the Royal Hospital for Women, Randwick, NSW. Babies admitted to NICU who received ear magnets on Battlefield Acupuncture points had significantly reduced pain from heel pricks. The project has now been extended in 2018 and has multi-centered to Sydney, Kuala Lumpur, Amsterdam and Edmonton. With the opioid crisis concerns of today, projects like these help reduce the use of opioids in NICU for painful procedures.

In the last 18 months she has spoken on acupuncture and human resilience, effective ear acupuncture, posturology and mental health and wellbeing using auriculotherapy in Las Vegas, Nanjing, Hangchow, Sydney, Brisbane, Sardinia and Singapore.

She was the President of the highly successful 9th International Symposium on Auriculotherapy held in 2017 in Singapore. Auriculotherapy and Auricular Medicine are neuroscience based auricular interventions for diagnostics and therapeutics. In the last 5 years, there has been an increased interest in using the auricle to improve health outcomes for patients.

Her wish list for 2018-2020 includes helping increase the resilience of paramedics in NSW and reducing their risk of post-traumatic stress disorder.

Wednesday 23 September 2020

The 1%

Presented by:

Dr Mark Johnstone

Time:

6:30pm-9:30pm

Venue:

Marigold Chinese Restaurant, Sydney



Ever wondered what keeps an endodontist up at night? Probably not. But if you've ever wondered what it would be like to listen to an endodontist talk about his most challenging cases - all while enjoying a Chinese banquet - then this lecture will be for you! While 99% of our patients are reasonably predictable, we do have the 1% of cases that require a little more thought and creativity. In this lecture, Dr Mark Johnstone will present a series of cases that will either rekindle your long-lost love of endodontics, or remind you why it's great that referrals exist

DR MARK JOHNSTONE

Dr Mark Johnstone is a specialist endodontist who practices in both Melbourne and Sydney. He graduated with a Bachelor of Dental Science with Honours in 2008 and with a Doctor of Clinical Dentistry in 2014, both from the University of Melbourne. He is currently in the process of completing a Masters of Health and Medical Law at the University of Melbourne and is an Adjunct Senior Lecturer at Charles Sturt University.

2020 AAAD Xmas Party

Details for the 2020 AAAD Christmas party, including the venue, to be advised closer to the date. Keep the first week of December free as this will be an end of year celebration not to be missed.



For more information: www.aaad.org.au/membership | 1800 737 346