

Saturday, September 29 8:30 to 12:00

DR SHOURESH CHARKHANDEH 3 CE Hours

Sleep & Airway Management in a Dental Clinic; Why, How & What?



Dr. Charkhandeh received his DDS Degree and B Med Sc from the University of Alberta. He has completed a Research Fellowship in the area of "Sleep and Dental Sleep Medicine" in Antwerp, Belgium.

Dr. Charkhandeh maintains a group of private practices in Alberta with a special interest in Dental Sleep Medicine and TMD. He advocates for the multi-disciplinary approach to Dental Sleep Medicine, focusing on the collaboration of Sleep Physicians, Sleep Dentists and other healthcare professionals.

In today's society people are continually looking for new ways to improve their quality of life and sense of well-being. Sleep is an essential component of health. As sleep awareness is rising, so is the prevalence of sleep disorders. Unfortunately, the majority of patients with sleep disorders remain undiagnosed. Dentists can have an instrumental role in helping patients achieve a better quality of life, by recognizing and addressing sleep and airway disorders.

Learning Objectives:

- "WHY" dental clinics should have a comprehensive understanding of sleep & airway disorders, and educate their patients
• "HOW" to implement a sleep and airway management program in a dental clinic
• "WHAT" is involved in helping patients with sleep disorders

We will review; Normal Sleep Architecture, Sleep Disorders and in particular Obstructive Sleep Apnea (OSA), OSA's pathophysiology, pathogenesis and adverse health consequences, available treatment options and a simple guide to Oral Appliance therapy. We will also provide a practical step-by-step approach to implementing a Sleep and Airway Management program in a dental clinic, with easy to implement systems and clinical tools.

Saturday, September 29 1:00 to 4:00

MEG SOPER 3 CE Hours

Bring it ON! - Strategies to Create a Positive Workplace



She can motivate the room! Over the past three decades Meg has worked as a Registered Nurse, stand-up comic, professional keynote speaker and raised a family. She has taken the life lessons learned while traveling this unique path to inspire her audiences to shift their perspective.

Meg blends her unique insights with unforgettable humour to help people develop practical strategies for work and life.



The challenges of a busy dental practice and our personal lives require us to be effective communicators. This high energy and interactive presentation offers a lighthearted look at the stresses we face as dental health professionals. It will tackle such issues as effective communication, managing conflict and dealing with different personalities and generations in the workplace. Through laughter and interactive energy, people come away with a better understanding of each other's challenges and unique qualities. Whether it is patient or internal communication, you will leave armed with practical strategies geared towards creating a more positive and productive workplace.

Learning Objectives:

- Shift your perspective to better deal with Adversity and Change
• Recognize and understand the different Generations in the Workplace
• Recognize and understand the different Personalities in the Workplace
• Learn how to better communicate, motivate and gain cooperation with others.
• Create a Positive Environment in the Workplace



Upper Island District Dental Society

Fall Conference

September 29, 2018



Qualicum Civic Centre
Qualicum Beach, BC
747 Jones Street, Qualicum Beach

Upper Island District Dental Society
uidds.com uidds1@gmail.com

# REGISTRATION FORM

If paying by CREDIT CARD, please register and pay online at [www.uidds.com](http://www.uidds.com)

or

If paying by CHEQUE, please make payable to UIDDs and mail with completed form(s) to:

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Comox, BC V9M 1R8

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Phone # \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_

DENTIST       DENTURIST

NEW DENTIST GRAD  
(Class of 2016, 2017 or 2018)

RDH       CDA

RDT       OFFICE PERSONNEL

	On or before September 1 EARLY RATE	September 2 to September 29 FULL RATE
DENTIST	175.00	200.00
New DENTIST Grads	100.00	125.00
RDH/RDT	90.00	115.00
CDA/ADMIN	80.00	105.00

### Registration Fee Includes:

- Featured Speakers
- Hot Buffet Lunch
- 6 Hours of CE credit
- Supplier Tradeshow
- Continental Breakfast
- Door Prizes

## SCHEDULE

Registration & Continental Breakfast	8:00 - 8:30
Dr Shouresh Charkhandeh	8:30 - 10:00
Coffee Break and Trade Show	10:00 - 10:30
Dr Shouresh Charkhandeh cont.	10:30 - 12:00
Lunch Break and Trade Show	12:00 - 1:00
Meg Soper - Bring it On!	1:00 - 4:00

Save the Date for our  
Spring Conference

April 5 & 6, 2019 - Crown Isle

Questions? Please visit our website at [uidds.com](http://uidds.com) or email us at: [uidds1@gmail.com](mailto:uidds1@gmail.com)

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Wesley ...  
THE GOLD GUY

