

Dr. James E. Metz

Providing Solutions for Complex Dental Problems

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Step Up to Introductory & Advanced Sleep Dentistry Continuum

October 2016

Knowledge is Powerful, for Practices and their Patients

Dr. James Metz and The Metz Center for Sleep Dentistry welcomed doctors, technicians and staff to the Embassy Suites in Columbus, Ohio the weekend of October 21st & 22nd for our Step Up to Sleep Dentistry Continuum. Participants from 13 states were present - Arizona, California, Florida, Idaho, Illinois, Maryland, Michigan, New York, Ohio, Pennsylvania, Texas, Utah and Wisconsin. The Metz Team welcomed four attendees from Japan, as well.



The Metz Center Team (*from left*) Dr. James Metz, Dr. Mickey Harrison, Chris Takacs, Megan Bacome, Todd Bacome, Angie Rock and Steven Gable



Metz Lab Manager, Todd Bacome shares information with attendees during the lunch hour.



Course Coordinator, Angie Rock awards certificates to Patty Berley & Dr. David Brown.

The Continuum always draws and welcome new attendees - **35% of the individuals present were first time participants!** Alumni regularly participate in the continuum to stay current with sleep dentistry advancements. Those present found the continuum to be an engaging experience and valued the variety of the material presented. We asked those present to describe **the most important factor that led them to make the decision to attend** the Sleep Dentistry Continuum. Here are some of their responses:

“Every session I learn something new as well as reinforce my knowledge.” Dr. Jack Gormley

“I decided to attend because Dr. Robin Jungblut recommended the course.”

“To start down the path of properly diagnosing & treating my patients”

“I am struggling!”

“Desire for more advanced information and practical treatment education”

“Needing to expand knowledge in understanding sleep – and I learned a lot!”

“Wanted to understand more about the therapies I’m already doing & to help my patients.” Dr. Kent Hawkins

“Because it is the light source for better treatment way for all patients.” - Dr. Setrag Dermandjian

“Dr. Metz’ continuum course has a very good reputation! And the course delivers!”



Dr. Nelson Diers leading an advanced track topic.



Doctors and Staff benefit from the Continuum.



Dr. James Metz welcoming attendees from Japan.



Todd Bacome, Metz Lab Manager (*right*) offers detailed information about the Metz Appliance.



Steven Gable, Dental Assistant, answering specific questions from attendees during the lunch hour.



Metz Lab Technician, Chris Takacs, (*right*) is always willing to share his experience & knowledge with guests.

As always, the dedicated **Metz Center Team** was present at the course to share their acquired knowledge, practical experience and helpful instruction to both staff and doctors. The positive and encouraging comments that were received were greatly appreciated. Thank you!

“Todd Bacome knows his stuff! He could be the most helpful reason to attend the continuum!”

“Dr. Metz’s team was so willing to openly discuss how they handle problems and how they avoid problems, as well. It is great to be at a course with staff who are also involved. THEY actually do this everyday successfully and it shows!!!”

“Todd Bacome actually took the time to explain how and why this works. All the information about different appliances and all that you see on TV for sale..it confuses people. I feel like I now can confidently provide answers to my patients and recommend an appliance that actually works and I have support to be successful.”

“Jim, your staff is helping us implement a very new concept into our offices. Thanks.” Dr. Doug Smith

“The Metz Staff members are amazing – all of them are so helpful.”



Dr. James Metz and Dr. Avram Gold



Roger Price promoting discussion during his session.



Dr. James Metz and Dr. Stasha Gominak

Dr. James Metz welcomed three featured speakers included **Dr. Avram Gold**, medical director at Stony Brook University (SBU) Sleep Disorders Center presenting: *Sleep Apnea & Chronic Stress*; **Roger Price**, a Respiratory Physiologist presenting: *Sleep Apnea and Dysfunctional Breathing, The Link Often Missed by the Sleep Study Industry*; and **Dr. Stasha Gominak**, presenting: *Vitamin D & Sleep*; and *Sleep, the Microbiome & Chronic Illness*. Attendees shared feedback about what they found to be the most powerful pieces of information they gained from a featured speaker.

Dr. Avram Gold: The parallelism of Stress and Sleep Disordered Breathing; Medical expert advice on compiling and comparing data on OSA; a MD using ceph tracing; Good review of data/techniques/results; very good information about stress from the medical perspective; brave thinker- although not sure I agree with all his conclusions; I did not know that OSA is a progressive illness.

Dr. Stasha Gominak: Fascinating Stuff! I did not know how the Vit D & B was related to so many things.; Interesting to learn more about the link between Vitamin D and B complex and their possible fix to our sleep problems; Finally, an advocate for Vitamin D!; Vitamin D, B complex levels count are a must, due to the major role they play in stabilizing sleep patterns; Offered a possible way to help our bodies fix themselves – There must be a reason we get broken.; utilization of Vit D3 for headaches, etc. Very knowledgeable; offered a whole new critical piece of the complete medical paradigm that is evolving.

Roger Price: Clear, Exciting information we can USE in Real life! Challenged the way we approach patients; Breathing Rate/ mins over years; cerebral approach to solving airway problems; Very thought provoking & dynamic speaker with new ideas

Dr. James Metz continues to construct a course that provides practical knowledge and cutting edge information for practices that want to embrace the future of sleep dentistry. One **first time attendee** praised the Step Up Continuum for the setup of both Introductory & Advanced topics. *She felt the experience was a positive one because she benefited from everyone being together for some speakers but she found that at other times breaking out into a smaller group with Introductory topics was very helpful.*

Alumni and First time attendees praised Dr. Metz for the volume of information presented, the clarity of the material, and the sharing of new information. *“Dr. Metz is a very smart man! He provides an excellent, easy to follow approach to the confusing and complex information about sleep apnea.”*



Dr. James Metz presenting to dentists and staff.



Dr. Joseph Gormley discussing EndoPAT™ with Robin Koster from Itamar Medical.



Industry vendors were present to share information.

Attendees were able to participate in creating actual HRPO reports for review by using the PulseOx device overnight. Dr. Metz also discussed the new PatientSafety Software which is critical to proper titration. EndoPAT™ demos were provided Robin Koster & Itamar Medical. The breakthrough noninvasive test assesses your arterial health in just 15 minutes.

As always, the **valuable opportunity for attendees to interact** with each other and learn from each other at the continuum was recognized as a great benefit. Access to the speakers during the lunch hour extended attendees learning opportunity.

When asked what attendees felt was **most helpful in their quest for sleep knowledge** at the Step Up Continuum, we received a broad range of answers:

“Networking – this is a tight, helpful community of experts whose goal is saving patient lives.”

“Better understanding of the neurobiology”

“Seeing the scope of what options there are other than CPAP or oral appliances”

“Reinforcing why and how I do what I do – enhancing diagnosis and learning.”

“Dr. Metz’ continuing education approach (in general).”

“Staff training”



Faculty Speaker, Dr. Brian Vence (*far right*) in conversation with his peers.



Dr. Carol Gillespie and Faculty Speaker, Pat McBride, BA, RDA, CCSH



First time attendee, Dr. Clay McEntire talking with Step Up alum, Dr. Gormley and Dr. John Harrison.



Dr. James Metz and Dr. Ken Berley



Dr. James Metz and Dr. Thomas Wilcko



Dr. James Metz and Dr. Nelson Diers

Finally, The Metz Center extends our appreciation for our dedicated **Faculty Speakers**, Dr. James Blank, Dr. Ken Berley, Dr. Nelson Diers, Dr. Mickey Harrison, Pat McBride, BA, RDA, CCSH, Dr. Brian Vence, Dr. Thomas Wilcko and Dr. Gene Williamson. They are important members of our core group of experienced professionals that are leaders in their area of sleep medicine. You will not find a more unique and thorough sleep medicine continuum anywhere.

Always New, Always Fresh, and Always Cutting Edge

We invite you to attend the next session of Step Up to Introductory & Advanced Sleep Dentistry Continuum scheduled on
Friday, April 7th and Saturday, April 8th, 2017 in Columbus, Ohio.

If you have any questions regarding this 2017 event contact Angie at 614.252.4444 or via email at metzdds@yahoo.com