



TAGORE DENTAL COLLEGE AND HOSPITAL

DEPARTMENT OF PEDIATRIC AND PREVENTIVE DENTISTRY

WEBINAR REPORT

PEDIATRIC SLEEP APNEA

DATE: 6/07/2020

PARTICIPANTS: IV year BDS students and Staff members

(Tagore Dental College) and other Delegates

GOOGLE MEET LINK:<https://meet.google.com/uym.aidr.buk>

SPEAKER: Dr. Shifa Arshad, Preventive Pediatric Dentist,

Orofacial Myofunctional therapist

Certified at the Tongue Tie Institute, Australia

Mini Residency in Pediatric Sleep Dentistry at Tufts University

(Boston)

Specialized in treating children with sleep disordered breathing

Brochure



TAGORE DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF PEDIATRIC & PREVENTIVE DENTISTRY



Prof.M.Mala,
Chairperson,
Tagore Educational Trust.



Prof.Dr.Chitraa R. Chandran,
Principal,
Tagore Dental College& Hospital.

VICE-PRINCIPAL

Dr.C.J.Venkata Krishnan (Administration)
Dr.S.Balagopal (Academics)
Dr.S.Jimson (Research)

ORGANIZING TEAM

Dr. Jayaprakash, MDS.
Dr. Lakshmi Priya, MDS.
Dr. Gayathri, MDS.
Dr. Shubashini, BDS.

Cordially Invites

DR. SHIFA ARSHAD, Preventive Pediatric Dentist



Orofacial Myofunctional therapist
Certified at the Tongue Tie Institute, Australia
Mini -Residency in Pediatric Sleep Dentistry
at Tufts University (Boston)
Specialized in treating children with sleep
disordered breathing

To present a Webinar on

"Pediatric Sleep Apnea"

LOG IN DETAILS:

DATE: 6/07/2020 (Monday) TIME: 10: 30 AM

GOOGLE MEET LINK: <https://meet.google.com/uym-aidr-buk>



TAGORE DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF PEDIATRIC & PREVENTIVE DENTISTRY

Cordially Invites You to attend Webinar on

"Pediatric Sleep Apnea"

GUEST SPEAKER

DR. SHIFA ARSHAD, Preventive Pediatric dentist

Orofacial Myofunctional therapist
Certified at the Tongue Tie Institute, Australia
Mini -Residency in Pediatric Sleep Dentistry at Tufts University (Boston)
Specialized in treating children with sleep disordered breathing



GOOGLE MEET LINK: <https://meet.google.com/uym-aidr-buk>
(Final year google meet link)

DATE: 6/07/2020 (Monday)
TIME: 10: 30 AM

STUDENT ATTENDANCE- FINAL YEAR BDS

| | |
|-----|--------------------|
| 1. | SRILEKHA.P.S |
| 2. | ABHINAYA.P.T |
| 3. | AJITH.G |
| 4. | AKHILESHWARAN.R |
| 5. | AKKSHAYA.S |
| 6. | AVINASH.G |
| 7. | BHARGAVI.A |
| 8. | BHVANESHWARI.J |
| 9. | BLESSY MONISHA |
| 10. | DEEPIKA.P |
| 11. | DEEPIKA.R |
| 12. | DEVAKUMAR.N |
| 13. | DHAMINI.P.M |
| 14. | DINAKAR.R |
| 15. | DURGALAKSHMI.M |
| 16. | ELAKIYA.G |
| 17. | FELCY.A |
| 18. | GEETHANJALI.M |
| 19. | HANISHA.S |
| 20. | HARSHA VARDHANA.P |
| 21. | HARSHITHA BALAJI.P |
| 22. | HASEENA BANU.B |
| 23. | ISWARYA.K |
| 24. | JAI SANKARI.M |
| 25. | KABILAN.R |
| 26. | KANIMOZHI.A |

| | |
|-----|----------------------|
| 27. | KANNIAMMAL.A |
| 28. | KARTHIK.K |
| 29. | KAVITHA.P |
| 30. | KEERTHANA.R |
| 31. | KEERTHI.P |
| 32. | KHANYA.A |
| 33. | KIRTHEIKA.S |
| 34. | KIRUTHIKA.G.A |
| 35. | KIRUTHIKA.S |
| 36. | KRISHANGA SRIVASTAVA |
| 37. | LOGESH.R |
| 38. | MARSHAL.L |
| 39. | MOHAN RAJ.D |
| 40. | NANDHINI.S |
| 41. | NARESH VIKRAMAN.V |
| 42. | NAVAPRIYA.S |
| 43. | NITHYASHRI.P |
| 44. | NIVETHA.M |
| 45. | PAVITHRA.S |
| 46. | POOJA.N.R |
| 47. | POORANI.V |
| 48. | PREETHA.G |
| 49. | PREETHI.B |
| 50. | PRITHIVIRAJAN.G |
| 51. | PUVANA.S |
| 52. | RAGAVI.R |
| 53. | RAJESWARI.R |

| | |
|-----|-----------------------|
| 54. | RAVIN KUMAR.R |
| 55. | ROSHINI.A.M |
| 56. | PRINCY DEBORAH.M |
| 57. | SAMANTHA.B |
| 58. | SARAH.E |
| 59. | SHAMYUGTA.C |
| 60. | SHYAM SUNDAR.I |
| 61. | SIVARANJANI.S |
| 62. | SUDARSHAN.N |
| 63. | SUHASINI.R |
| 64. | SURYA.N.G |
| 65. | SWETHA.S |
| 66. | SWETHA.V |
| 67. | SYED SAJJAD AHMED.P |
| 68. | TANISH.T |
| 69. | VARSHINI.C |
| 70. | VASANTHA BHARATHY.T.V |
| 71. | VIJAY.V |
| 72. | VINITH KUMAR.M |
| 73. | YAZHINI.N.S |
| 74. | YOGANATHAN.E |
| 75. | DIWAKAR.J |
| 76. | RANJITHGURU.R |
| 77. | DEEPIKA.P |
| 78. | SAFEHA FERVEEN.Z |
| 79. | KUNAL DEBNATH |

DELEGATE ATTENDANCE

1. DR. ANKITA SHAH
2. DR CUCOO MATHEW
3. DR. DINESH PANCHAL
4. DR. NIRANJANA
5. DR. J. MOHD. FARZAN
6. DR. KAMAL KISHORE KUMAWAT
7. DR. ELAMATHE MURUGESAN
8. DR. G.M JOSHI
9. DR. HANISHA ADUSUMILLI
10. DR. HARIPRIYA SUKUMAR
11. DR. KARTEEK EASHWARA
12. DR. KESAVARAJ BALASUBRAMANI
13. DR. KRISHNA KUMARI
14. DR. MAKKADA PADMANABHAN
15. DR. MANNU
16. DR. MEHAZABIN
17. DR.NAMBI NACHIAR.S
18. DR. PAVITHRA KOTEESHWARAN
19. DR. PRIYANKA SELVAM
20. DR SHARATH ASOKAN
21. DR. SRICHARAN SREENIVASAN
22. DR. SUCHITRA
23. DR. SUDHANDRA VISWANATH
24. DR. THILLA SEKAR
25. DR. VIGNESH.M
26. DR. KOMAL
27. DR. RAMANATHAN
28. DR. ANOOR
29. DR. THENDRAL
30. DR. VARSHINI KRITHI

EVENT REPORT

Paediatric Sleep Apnea

Pediatric sleep apnea is a sleep disorder in which the child's breathing is partially or completely blocked during sleep. The condition is due to narrowing or blockage of upper airway during sleep. There are differences between pediatric & adult sleep apnea. While adults usually have day time sleepiness, children are more likely to have behavioural problems. Early diagnosis and management is important to prevent complications that can affect children's orofacial growth, cognitive development & behaviour. The speaker gave an overview of **Paediatric Sleep Apnea** and its clinical implications along with demonstration of various myofunctional exercises to diagnose the condition among children & adults.

The lecture was followed by an interactive question and answer session through which the speaker shared her clinical experience and enlightened the participants.

PHOTOS

Shifa Arshad is presenting

Sivaranjani and 96 more

109 11:02 AM

SDB

- Day Time Symptoms
 - Morning headache
 - Morning thirst
 - Excessive fatigue
 - Mouth-breathing**
 - ADHD patterns
 - Behavioral problems
 - Aggressiveness
 - Irritability
 - Memory impairment
 - Poor concentration
 - Learning difficulties
 - Poor academic performance
- Night Time Symptoms
 - Abnormal Sleep position
 - Bruxism
 - Delayed speech
 - Chronic heavy snoring
 - Difficulty in breathing
 - Difficulty in waking up
 - Enuresis
 - Frequent awakening
 - Drizzling
 - Insomnia
 - Mouth-breathing
 - Sleep talking
 - Sleep walking
 - Sleep terror
 - Nocturnal sweating
 - Witnessed Apneas

www.drshifa.in

Dr. Shifa

Shifa Arshad

Roshini Murthy

Tagore Dental

Felcy Magdalene

Tagore Dental

Yazhini Santhakumar

Harsha Vardhan

Yoga with Dr. Komal

Tagore Dental

Blessy R

Meeting details

Turn on captions

Shifa Arshad is presenting

Shifa Arshad is presenting

Vareshim Chhara... and 95 more

108 11:19 AM

Craniofacial Phenotyping

Tongue position is integral to development of maxillary morphology

High Arched Palate → Narrow Nasal Cavity

Maxillary Deficiency Transverse

Septal Deviation
Narrow nasal cavity

High arched palate
Low tongue position

Yoon, A. J., Zoghi, S., Ho, S., Lee, C. S., Gullerminault, C., & Liu, S. Y. (2017). Ankyloglossia as a risk factor for maxillary hypoplasia and soft palate elongation: A functional-morphological study. *Orthodontics & craniofacial research*, 20(4), 237-244.

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Dr. Shifa

Shifa Arshad

Tagore Dental

Yoga with Dr. Komal

Felcy Magdalene

Tagore Dental

Yazhini Santhakumar

Harsha Vardhan

Tagore Dental

Roshini Murthy

Jagore Dental

Meeting details

Turn on captions

Shifa Arshad is presenting

Shifa Arshad is presenting

10:48 AM

Why Sleep?

Health-Related Consequences

| | |
|--|---|
| <p>Decreased Quality of Life</p> <ul style="list-style-type: none"> Poor job performance Work-related accidents Motor vehicle accidents Family discord Depression | <p>Cardiovascular/ Pulmonary</p> <ul style="list-style-type: none"> Cardiac arrhythmias Myocardial Ischemia Pulmonary Hypertension Congestive heart failure |
| <p>Systemic - Metabolic</p> <ul style="list-style-type: none"> Hypertension Insulin Resistance- Diabetes Metabolic Syndrome- Obesity | <p>Neurologic</p> <ul style="list-style-type: none"> Neurocognitive dysfunction TIA/ Stroke |

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Shifa Arshad

Tagore Dental

Yoga with Dr. Komal

Tagore Dental

Yazhini Santhakumar

Harsha Vardhan

Tagore Dental

Blessy R

deepak narayan

Meeting details

Turn on captions

Shifa Arshad is presenting

my function? So let me be really really harness down to earth now officially until 2018. I was training and taking courses for myobrace. I wouldn't deny the fact that the entire life entire world of myofunctional therapy or my

cooperation.

Sharath Asokan 11:06 AM
No

Tagore Dental 12 mins
pls dont take screen shots

cucuo mathew 5 mins
Can you explain about retained infantile swallow and the management protocol...

Kesavaraj Balasubramani 5 mins
is all the treatment done using myobrace system only mam or we can use some other myofunctional appliances?

varshini kirthi 2 mins
Any specific sleep disturbance questionnaire to be taken during case history to find out this condition

Elamathe Murugesan Now
Is it possible to correct all the dental problems using myobrace without extraction

sudhendra viswanath Now
My father 67 years have OSA.. he is under cpap at present... any other therapy could be done mam?

natchi srither Now
Any exercise to be followed to retrain the mucleus along with therapy?

Send a message to everyone here

CERTIFICATE

TAGORE DENTAL COLLEGE AND HOSPITAL

Department of Pediatric & Preventive Dentistry

TPD NO-002

◆◆ Certificate ◆◆ of Appreciation

This Certificate is presented to **DR. SHIFA ARSHAD**

for presenting a Webinar on the topic **PEDIATRIC SLEEP APNEA**


..... on **6th JULY** 2020.


Prof. M. Mala
Chairperson


Dr. C.J. Venkatakrisnan
Vice-Principal




Dr. Chitraa R Chandran
Principal


Dr. R. Jayaprakash
HOD