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EdeSA meets in Berlin

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The second meeting of the European Dental Sleep Medicine Academy (EdeSA) was held in the Park Inn Hotel, Berlin on 15 October 2005 as a satellite symposium of the first conference of the World Association of Sleep Medicine (WASM). The meeting again provided a forum for medicine and dentistry to meet and discuss matters of common interest (Fig. 1).

The scientific programme started with a workshop on screening for sleep disordered breathing by Dr. Helmut Teschler. Delegates were presented with a clear rationale for the use of a device that might ease the burden on sleep laboratories. Fascinating insights were given of recordings that can be made with portable 'home-use' devices.

After this, in a chaired discussion, the European perspective of oral appliance therapy in sleep disordered breathing was considered.

After lunch, the EdeSA meeting moved across the road to Berlin Congress Centre, the venue of WASM, where the afternoon session was held as a joint symposium with the German Society of Dental Sleep Medicine (DGSZ) (Figs. 2 and 3).

The session began with two short introductory presentations given by Dr. Miche De Meyer, Belgium,

Fig. 1 Five societies of Dental Sleep Medicine around the world. From left to right: Makoto Kikuchi, DDS, PhD, Japan, president of the Japanese Academy of Dental Sleep Medicine Miche De Meyer, DDS, Belgium, president of the European Dental Sleep Medicine Academy Robert Rogers, DDS, US, founding president of the Academy of Dental Sleep Medicine Susanne Schwarting, DDS, Germany, president of the German Society of Dental Sleep Medicine Roy Dookun, DDS, Great Britain, board member of the British Society of Dental Sleep Medicine. (Photograph taken by Michael August, Kiel, Germany)

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Fig. 2 Attendees from Germany, several European countries and the US attended the joint symposium on Dental Sleep Medicine of the German Society of Dental Sleep Medicine and the European Dental Sleep Medicine Academy in Berlin on October 15, 2005. (Photograph taken by Michael August, Kiel, Germany)

president of EdeSA and Dr. Robert Rogers, USA founding president of the American Academy of Dental Sleep Medicine (ADSM). It was fascinating to hear the way in which ADSM had flourished and how the European organisations are following the ASDM.

The next presentation was by Prof. Kingman Strohl, Ohio, one of the chief editors of *Sleep and Breathing*, who provided new perspectives for many in the audience with his challenging presentation on ‘Genetic contributions to Obstructive Sleep Apnea’.

Prof. Max Hirshkowitz, Houston, Texas, provided delegates with a preview of the proposed new AASM guidelines. These guidelines provoked debate from the floor and delegates look forward to the publication of the final form.

Dr. Aarnoud Hoekema from Groningen in the Netherlands discussed the results of his systematic review of the efficacy and co-morbidity of oral appliances and Prof. Marie Marklund, Sweden, described the results of her studies of the adverse effect of oral appliances.

Dr. Makoto Kikuchi from Tokyo, Japan described orthodontic treatment possibilities and Dr. Edmund Rose

Fig. 3 The German sleep physician Prof. Ruchle gave a presentation on diagnosis and treatment of the Upper Airway Resistance Syndrome. Chairs: Susanne Schwarting, DDS, and Markus Heise, DDS, president and secretary of the German Society of Dental Sleep Medicine. (Photograph taken by Michael August, Kiel, Germany)

from the University of Freiburg, Germany described the implementation of a quality control system on oral appliance treatment.

During the course of the conference, the president of the German Association of Dental Sleep Medicine, Dr. Susanne Schwarting, presented the first DGSZ award to Prof. Meier-Ewert, professor of Neurology and Clinical Neurophysiology, for his outstanding contribution to Dental Sleep Medicine. Prof. Meier-Ewert introduced the original form of mandibular advancement device (the Es-march appliance) for the management of sleep-disordered breathing in 1984.

A new feature this year was a successful pre-meeting one-day introductory course given by the board members of EdeSA (Jagger, Schwarting, Marklund, Fransson and Nelissen) together with sleep physicians Dr. Jo Leysen (Belgium) and Dr. Nikolaus Netzer, Germany.

The next meeting of EdeSA will be announced on the website <http://www.edesa.org>.

