

Perspectives on the Benefits of Attending the AADSM Annual Meeting as a Member of the Scientific Community

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The American Academy of Dental Sleep Medicine (AADSM) prides itself in its promotion of the highest quality of scientific evidence in the field of dental sleep medicine (DSM). The AADSM supports DSM research through a variety of opportunities and resources including funding DSM research and highlighting new and exciting studies. One of the ways that the AADSM features new and novel research is through research awards at the AADSM annual meeting. We reached out to some current and former awardees to hear their perspectives on the reasons they thought it was valuable to attend the AADSM Annual Meeting.

WHAT ARE THE ADVANTAGES TO ATTENDING THE AADSM ANNUAL MEETING FOR MEMBERS OF THE SCIENTIFIC COMMUNITY?

“The AADSM annual meeting is an unmissable event. This prestigious scientific meeting brings together the latest research and updates in a unique worldwide event, allowing all researchers, clinicians and industrialists to share knowledge about sleep medicine and its medical-dental interdisciplinarity, as well as a condition that affects the health and quality of life of many people and society in general.

It goes without saying that interpersonal relationships and networking between participants are a constant throughout the years at the AADSM meeting.”

Susana Falarido, DMD, MSc, PhD (2025 Pierre Robin Awardee)

“It was a great honor and privilege to present sleep dentistry research and be recognised at the AADSM 2024 annual meeting. As a sleep physician and researcher, I have been passionate about the ever-expanding role of dentistry in the recognition and management of patients with sleep disordered breathing. AADSM annual meeting provided our team to showcase a novel oral appliance and an emerging metric – Hypoxic Burden, that is a strong predictor of adverse consequences of obstructive sleep apnea.

AADSM and its annual meeting is a platform to network with researchers, clinicians, and industry

professionals from around the world, which is invaluable for fostering collaborations and sharing insights. A combination of lectures and workshops presented by the sleep dentists and sleep physicians offer a unique milieu for development of a team approach to the management of sleep-disordered breathing patients. At the annual meeting, the participants from the scientific community gain insights into the most recent research findings, clinical trials, and emerging technologies in dental sleep medicine through presentations from leading experts. The abstracts and case reports sessions offer a fantastic venue to spur education, research and informal discussion for both attendees and authors.

Our research team is excited and eagerly awaiting to attend and present at the AADSM 2025 annual meeting in Las Vegas.”

Sat Sharma, MD, FRCPC, FCCP, FAASM, MAADSM (2024 Clinical Research Awardee)

“I attended the AADSM last year as a PhD student and researcher in dental sleep medicine at the University of British Columbia, Canada. I felt that the conference was invaluable for my clinical research and education. I had the opportunity to meet world-renowned international speakers and leading researchers at the AADSM meeting, who presented the latest cutting-edge innovations in dental sleep medicine, including the most recent evidence-based study findings, novel treatment modalities, and new diagnostic tools.

In addition to learning the most recent evidence-based findings in dental sleep medicine that addressed a gap in the literature, I also learned the latest techniques used by physicians and experienced dentists to improve the outcomes for sleep apnea patients.

Furthermore, the AADSM provided me with the opportunity to communicate and form a global social network of new dental sleep medicine researchers. As a result, there was less isolation and more collaboration and knowledge dissemination between dental sleep medicine researchers, experienced practitioners, and industry leaders.

Finally, I would like to say that I consider it an honor to be a member of an AADSM organization that fosters

innovation, teamwork, and evidence-based continuous learning, and I strongly encourage everyone to attend.”

Abdalgader Alhozgi, BDS, MSc, PhD (2024 Student Research Awardee)

“Attending the AADSM annual meeting is not only enjoyable but also important for professional growth. This meeting provides interesting lectures from leading experts in the fields which is important to stay informed about the latest advances in the field. Additionally, it is a unique opportunity to connect with other researchers, clinicians (both dentists and medical doctors), and experts in the field,

fostering future collaborations. Presenting your scientific work as a poster or oral presentation allows you to receive valuable feedback, refine your ideas.

Beyond knowledge exchange, this meeting can contribute to career development by increasing visibility within the scientific community. Overall, this meeting provides an environment where science thrives through collaboration, learning, and discovery.”

Marijke Dieltjens, MBS, PhD (2024 & 2025 Clinical Research Awardee)

Interested in attending the AADSM Annual Meeting to hear more about the latest in DSM research? You can register [here](#).

CITATION

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Left to Right: Drs. Susana Falardo, Sat Sharma, Abdalgader Alhozgi & Marijke Dieltjens