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PROFESSIONAL EXPERIENCE:

PRIVATE PRACTICE DENTAL HYGIENE 1976 TO 2003

Myofunctional Therapist PRIVATE PRACTICE 1980 TO PRESENT

- Evaluation and therapy for adults and children with oral-facial dysfunctions.
- Main objective is to establish nasal airway, posterior tongue control, and a less stressful oral environment in one to six months of therapy and habituate new function for one year
- Able to positively influence growth and development through correction of digit sucking, resting tongue posture, swallowing posture, and mouth breathing.
- Augment clinical treatment in orthodontics, periodontics prosthodontics oral surgery, oral facial pain patients, physical therapy, speech pathology, osteopathy, and chiropractic.
- Co-founder of the (AOMT) Academy of Oral Myofunctional Therapy
- Current speaker for the Palo Alto Sleep Seminars and the AOMT (www.aomtinfo.org)
- Clinical instructor on Myofunctional Therapy for the Pankey Institute 2021 and 2022
- Current speaker for continuing education for the Annenberg Center for Health Sciences 2022
- Founding and current board member of the AAPMD

LECTURER, WORKSHOP LEADER, AND TABLE CLINICIAN INTERNATIONALLY 1978 TO PRESENT

Speaker three times at the AAPMD meeting in Phoenix, Arizona September 2022

Speaker at the SEC Dental Sleep Meeting in Houston Texas 2021 and 2022

American Orthodontist Association Speaker at their annual meeting in Washington DC May, 2018

World Sleep Congress Prague, Czech Republic, Gave 3 lectures 2017

USC Workshop to Dental Hygienists/ Pediatric Dentists/Orthodontists yearly since 2007

Workshops in Seoul, Korea for dental and medical professionals 2015

Workshop in Singapore to Pulmonologists 2016

Spoke at the International Pediatric Sleep Association meeting in Taiwan March 2016 and presented A workshop ½ day

Rochester, Minn. 2015 Mayo Clinic: One week of Grand Rounds: Spoke to all physicians, residents September 2015

New York, NY AAPMD convention: Received a Lifetime Achievement Award March 2015

Porta Allgre, Brazil at the IPSA meeting December 2014

Rome, Italy at the AAMS meeting, June 2014 (Received Louis Pasteur Award for Leadership)

Australian Chapter of the AACP in Sydney April, 2014

AAPMD meeting, June 2013

Key Note Speaker at CDHA House of Delegates Meeting 2013

Washington State Dental Hygiene Association 2013

New York State Dental Hygiene Association 2013

Arizona State Dental Hygiene Association 2013

- Four to Five day symposiums including lecture and workshop at the venue of University of Sydney University of British Columbia, Columbia University, NYU, UCSD, USC, UCLA, Northwestern University Grand Rounds; University of Chicago by invitation of Dr. Leila Gozal George Washington University, Guttenberg University, and many others City and various locations in the US and abroad

Guest Speaker at Grand Rounds at Stanford Sleep Medicine Residency Program 2010

- Guest Lecturer to Dr. William Hang's Mini Residency on the Biobloc Procedure 2002 -2018
- Guest Speaker on Dr. Steven Park's Web Cast Radio Show

- . Loma Linda University.UCLA Annual lecture to Pedo-Ortho Residents 2011 to 2015
- IAFGG Symposium Speaker 2006, 2010, 2012
- NYU Sleep Dentistry Program Faculty 2012, 2013 Post Graduate 4 day course 2018
- . APTA spoke at Annual Meeting March 2009, 2010
- . UCLA Sleep Medicine Mini Residency Faculty May 2009, 2010, 2011, 2012
- . Lectured at the Le Leche League, Bi-annual Meeting May 2009, May 2011, 2015
- . Spoke at the Cranial Academy meeting in Hollister, California June 2007 and lectured June 20, 2008 at Annual International Meeting in Indianapolis, Indiana
- . AAGO Scientific Session October 2008 guest Lecturer half day
- . Children's' Hospital April 2008 Spoke to Pediatric Residents (yearly)
- Gran Rounds Childrens' National Medical Center 2013- 2014, invitation of Dr. Judy Owens
- . Southern California Society of Pediatric Dentistry March 2007
 - . UCLA post Graduate Pedo-Ortho Residency—ongoing classes on Growth and Development May 2007/2008/2009/2010/2011/2014/2015/2016
- . White Memorial Hospital TMD clinic...lecturer and on staff
 - . UMKC Gave 4 hour lecture on Myofunctional Therapy to their Mid West Conference, Kansas City, Missouri 2006
- . Three day symposiums including lecture and workshop in Mainz, Germany, at the Gutenberg University, Orthodontic Department at the invitation of Prof. Dr. H.G. Sergl.
 - Friberg University invitation by Professor Rakosi ,
 - University of Rome, Professor Giani
- . Head and Neck Posture presentation at the Symposium of Feeding and Dental Facial Development, Brussels, Belgium at Louvain University and Aarhus, Denmark
- . Annual table clinic presentations for the California Dental Association at Anaheim and San Francisco, California.
- . Annual table clinic presentations for the American Association of Orthodontists.
- . Guest speaker at many dental societies and dental hygiene components
- . Dental health educator, K-6th grade, in-service training.
- . Consultant for Sealant, Preventive Orthodontic and Caries, Nutrition program for indigent children
- . Clinical instructor dental hygiene, Indiana University.
- .

PROFESSIONAL TRAINING:

Institute of Myofunctional Therapy, Coral Gables, Florida

Clinical study and Internship under Daniel Garliner, M.A. and Roy Langer, Ph.D.

Northern Illinois University, DeKalb, Illinois

Elementary Education 1964-1965

Prairie State College, Chicago Heights, Illinois

Degree in Dental Hygiene 1976, Sigma Phi Alpha Award for Excellence

Loma Linda University, Loma Linda, California 1978

Neuromuscular and Anesthesia Study for Expanded Functions

Coulson Institute of Oral Myology 2003

Denver, Colorado

Buteyko Breathing 3-8 day workshops 2009-2010

Mariano Rocobado, Workshop on Head and Neck Posture 1988

Numerous Seminars and Workshops on a Variety of Related Subjects

AFFILIATIONS

ASAA (American Sleep Apnea Association) Medical Advisory Board
AAPMD (American Academy of Physiologic Medicine and Dentistry) Elected Board Member, Received a Lifetime Achievement Award March 2015 in New York
AAMS (Academy of Applied Myofunctional Sciences) Former Board Member
BBEA (Buteyko Breathing Educator Association)
IAOM International Association of Orofacial Myology
American Dental Hygiene Association
California Dental Hygiene Association
American Association of Cranial Facial Pain
American Academy of Gnathologic Orthopedics
International Association of Facial Growth Guidance
American Association of Orofacial Pain
American Association of Oral Systemic Health
International Pediatric Sleep Association
World Association of Sleep Medicine

PUBLICATIONS:

Effects on Muscles with Orthognathic Surgery, Journal of the International Association of Orofacial Myology

The Critical Missing Element to Complete Patient Care: What the Hygienist Needs to Know About Orofacial Myology, CDHA Journal 2008

The Critical Missing Element to Complete Patient Care: Where Orthodontics and Oral Myofunctional Therapy Meet, Ortho Tribune August 2008

Orofacial Myofunctional Therapy, Dental Tribune, 2009

Orofacial Myofunctional Therapy: What is OMT? Why is it Important to Ortho Care?, Journal of the American Orthodontic Society, Spring 2009

Is Your Tongue Killing You?, Hygiene Town, Sept. 2009

Orofacial Myofunctional Therapy: A Creative Way to Make a Difference in Patients' Lives, RDH, November, 2009

Orofacial Myofunctional Therapy-The Critical Missing Element to Complete Patient Care, Dentaltown, August, 2010

Treating Patients With Mouth Breathing Habits: The Emerging Field of Orofacial Myofunctional Therapy, Journal of the American Orthodontic Society, March-April, 2012

Orofacial Myofunctional Therapy: Why Now? Cranio, October 2012 Guest Editorial

Post Script to "Cranio" Editorial, Oral Health Journal, March 2015

Chapters in Oral Surgery textbook, Pediatric Dental textbook, Dental Hygiene textbook, Nutrition text book and 5 other medical and dental text books.

Books:

Sleep Medicine Clinics 2014 Chapter on Myofunctional Therapy and Pediatric Sleep

Taking It Further: A Guide to Periodontal Therapy

Tucker the Tongue Finds His Spot: Co-Authored with Samantha Weaver

Sleep Disorders in Pediatric Dentistry: Chapter on Myofunctional Pathology, Springer 2019

Management of Obstructive Sleep Apnea (Chapter on Post-Surgical Myofunctional

Therapy and Physical Therapy.) (Springer 2021)

“Is Your Tongue Killing You?” (Now available on Amazon) (August 2023)