MAUI, HAWAII

'Adventure & Learn'

February 9 - 13, 2026

THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Dental Education

Faculty of Dentistry

MONDAY, FEBRUARY 9, 2025
8:00 AM - NOON

OBSTRUCTIVE SLEEP APNEA AND DENTISTRY:
Navigating Management Options and Controversies

Dr. Benjamin Pliska

Recently, interest in obstructive sleep disorders has led to much speculation within the dental profession, making it difficult to separate fact from fiction. This presentation will review the complex pathophysiology of sleep disordered breathing and review current treatment strategies. The relationship between sleep disordered breathing and craniofacial growth and development will be examined, as well as the current evidence related to orthodontic treatment effects on obstructive sleep apnea and the airway. Controversies surrounding dental extractions, lingual frenotomies and myofunctional therapy will be directly addressed. This presentation will also discuss the latest evidence regarding the effectiveness of oral appliance treatment of OSA in adults, as well as review the management of the most common side effects.

LEARNING OBJECTIVES

- Analyze the pathophysiology and developmental impacts of obstructive sleep apnea
- Define the relationship between obstructive sleep apnea and craniofacial growth and development
- Evaluate evidence-based treatment strategies for OSA management in children and adults
- Critically assess controversial OSA treatments using current research

BENJAMIN PLISKA, DDS, MS, FRCD(C) Orthodontics, is a graduate of the University of Western Ontario School of Dentistry, and obtained his Certificate in Orthodontics and Master's Degree in Dentistry from the University of Minnesota. He is an Associate Professor of the University of British Columbia Faculty of Dentistry, an Orthodontic Consultant at B.C. Children's Hospital and maintains a private practice in Vancouver as a certified specialist in Orthodontics. Dr. Pliska's research interests include inter-disciplinary treatment, craniofacial imaging, and sleep medicine - topics on which he frequently lectures and publishes.

TUESDAY, FEBRUARY 10, 2025
8:00 AM - NOON

COMPLEX DENTAL PATIENT MANAGEMENT:
Full Mouth Rehabilitation, Trauma, and Aesthetic Reconstruction

Dr. Roxana Saldarriaga

This presentation examines the comprehensive treatment of complex dental patients requiring full mouth rehabilitation, trauma reconstruction, and aesthetic enhancement through strategic material selection and patient management protocols.Successful complex dental rehabilitation requires careful material selection based on functional demands, comprehensive patient education emphasizing treatment value, and systematic expectation management. The combination of ceramics, implants, and composites provides predictable solutions when applied with appropriate clinical protocols. Investment in patient communication significantly impacts treatment acceptance and long-term satisfaction, making it essential for successful complex case management..

LEARNING OBJECTIVES

- Analyze and justify material selection strategies
- Develop comprehensive patient management protocols
- Apply effective patient communication techniques
- Integrate clinical protocols for predictable outcomes

ROXANA SALDARRIAGA, DDS, FRCD(C) Prosthodontics, obtained her DDS from the University of Western Ontario School of Dentistry, and a GPR certificate at Hennepin County Medical Center in Minneapolis, Minnesota. She completed her postgraduate training in prosthodontics at the University of Minnesota and is a fellow of the Royal College of Dentists of Canada and currently maintains a full-time private practice and in-house prosthodontic laboratory in Vancouver, BC. Dr. Saldarriaga has held positions as part-time Graduate and Undergraduate instructor in the Division of Prosthodontics at the Univeristy of British Columbia Faculty of Dentistry. Dr. Saldarriaga continues to mentor her peers as a director and frequent speaker of the Western Restorative and Every Day Dentistry Study Clubs in Vancouver.

THURSDAY, FEBRUARY 12, 2025
8:00 AM - NOON

THE ORTHODONTIC – PROSTHODONTIC CONNECTION: How a synergistic approach to complex restorative problems results in superior outcomes for dental patients

Drs. Roxana Saldarriaga & Benjamin Pliska

The successful rehabilitation of the complex restorative patient often requires a synergistic approach of multiple dental specialties. These dentitions are often characterized by having any combination of congenital or multiple missing teeth, inappropriate spacing, over erupted teeth, advanced attrition, uneven occlusal planes, and compromised periodontal health. Communication between team members to establish uniform treatment objectives and appropriate sequence of care is required to ensure that an optimal outcome is achieved. With attention to the prosthodontic demands of treatment and through the use of many clinical examples, a systematic method of diagnosis and treatment planning for the complex interdisciplinary dental patient will be presented. The orthodontist's role in assisting with Prosthodontic- driven treatment plans that optimize aesthetics and facilitate the restorative phase of treatment, while still satisfying specific functional requirements for these patients will be discussed in depth.

LEARNING OBJECTIVES

- Outline essential information that should be communicated during the collaborative treatment planning process
- Describe the management of congenitally missing teeth
- Describe the advantages and goals of pre-prosthodontic orthodontic treatment
- Review how adjunctive orthodontic treatment can both facilitate and benefit from implant restorations

FRIDAY, FEBRUARY 13, 2025
8:00 AM - NOON

PROVIDING PERSONALIZED DENTAL CARE FOR HEALTHY AND FRAIL OLDER ADULTS

Dr. Chris Wyatt

Older adults are increasingly retaining teeth as a direct result of receiving sophisticated dental care over their lifetime. However, poor oral hygiene predisposes them to gingivitis, periodontitis, denture stomatitis, and especially dental caries. Poor oral health and tooth loss often results in discomfort, poor aesthetics, compromised mastication, and these combined decrease quality of life. The specific treatment options for treating oral diseases, conditions, and deficiencies are no different from those who are younger. However, frailty poses a significant limitation on a patient's ability to undergo surgical and complex dental treatments and to comply with self care recomendations. This presentation will explore Personalized Dental Care for a spectrum of older adults that present to community dental offices.

LEARNING OBJECTIVES

- Assess the overall impact of aging on general health and chronic oral diseases and conditions.
- Exploration of frailty with respect to mobility, cognitive ability, and potential negative impact on oral health
- Recognize the difficulty of developing appropriate dental treatment plans to treat chronic oral conditions and to restore dentitions for the spectrum of older adults.
- Understand the potential of Tele-Dentistry in geriatric dentistry, including triage, consent for care, and enhanced communications
- Obtaining appropriate levels of consent for dental treatment, and communicating with patients and their relatives, as well as other healthcare professionals

Photo credit, background image: Dr. Phil and Jolie Nasralla, 'Adventure & Learn' participants

CHRIS WYATT, BSc. DMD, MSc, Dip Pros, FRCDC is Professor and Head of the Department of Oral Health Sciences at the UBC Faculty of Dentistry. Dr. Wyatt graduated with a DMD degree from the University of British Columbia in 1986, a Diploma in Prosthodontics in 1995, and an MSc in Dentistry in 1996 from the University of Toronto. Dr. Wyatt has been Head of the Department of Oral Health Sciences since 2016, director of the Graduate Prosthodontics Program since 2010, and the director of the UBC Geriatric Dentistry Program since 2001. He is past President of the Association of Prosthodontists of Canada and the British Columbia Society of Prosthodontists and past Chair of the Geriatric Dentistry Committee of the British Columbia Dental Association.

REGISTRATION INFORMATION (16 HOURS OF INSTRUCTION)

Monday	8 am - 12 pm	**Obstructive Sleep Apnea and Dentistry:** Navigating Management of Options and Controversies
Tuesday	8 am - 12 pm	**Complex Dental Patient Management:** Full Mouth Rehabilitation, Trauma, and Aesthetic Reconstruction
Wednesday	**FREE DAY**	Maui, also known as "The Valley Isle", is the second largest Hawaiian Island. With 120 miles of coastline, Maui boasts some of the best beaches to swim, snorkel, surf, windsurf and sunbathe. Enjoy the jaw dropping natural beauty that the island has to offer including the sacred Iao Valley, the hidden cascading waterfalls that stretch the picturesque road to Hana, incredible views of migrating humpback whales, farm-to-table cuisine, picturesque golf courses and the magnificent sunrise and sunset from Mount Haleakala. Maui is a truly magical place with something for everyone!
Thursday	8 am - 12 pm	**The Orthodontic - Prosthodontic Connection** How a synergistic approach to complex restorative problems results in superior outcomes for dental patients
Friday	8 am - 12 pm	**Providing Personalized Dental Care for Healthy and Frail Older Adults**

Please join us on Monday evening for the Welcome Cocktail Reception, 5:30 pm – 7:00 pm

TUITION*:

*Tuition fees in Canadian Dollars

	Before Dec 1	After Dec 1
Dentists	**$1895**	**1995**
CDA/ RDH/ Techs/ Office Staff	**$ 995**	**1095**

Includes welcome reception, continental breakfasts, breaks, and course materials

LOCATION & TRAVEL INFORMATION Fairmont Kea Lani Resort

Special hotel reservations have been arranged at the Fairmont Kea Lani Resort for course participants that are not available to the general public. Please contact Jane Patrick at North South Travel to book. She will be happy arrange all of your travel requests.
T: 604 717 1751 E: jane@nstravel.bc.ca

Hotel Cancellation: The cancellation policy for the hotel will be provided to you by North South Travel. Should you need to cancel or change your hotel booking for any reason including unforeseen circumstances (i.e. illness, travel challenges, etc.) please note that the cancellation policy will be strictly enforced. It is strongly recommended that all 'Travel and Learn' participants secure comprehensive travel/cancellation insurance.

CANCELLATION POLICY

Full refunds less a $150.00 service charge will be granted for course cancellations made 60 days prior to the course. Cancellations made between 30 and 60 days prior to the first day of the program will receive a 50% refund. No refunds will be granted for cancellations made less than thirty days prior to the first day of the program. Continuing Dental Education at The University of British Columbia reserves the right to cancel courses if deemed necessary by low enrolment, instructor cancellation or other unforeseen issues. In case of course cancellation by UBC CDE, a full refund will be issued.

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DISCLAIMER: Dental education institutions have an obligation to disseminate new knowledge related to dental practice Some presentations may include controversial materials or commercial references. Sponsorship of a continuing education course by The University of British Columbia does not imply endorsement of a particular philosophy, procedure or product by The University of British Columbia.

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