

**University of the Pacific Arthur A. Dugoni School of Dentistry  
124th Annual Alumni Meeting – 2023 Alumni Weekend  
37<sup>th</sup> Frederick T. West Orthodontics Lectureship  
The Fairmont Hotel, San Francisco**

**Audrey Yoon, DDS, MS**

Friday, February 24, 2023

9:00 am – 12:00 pm – 3 CE units

**Subject Area:** Orthodontics

**Main Theme:** Orthodontist's Role for Children with Sleep Disordered Breathing

**Title:** "Find New Scientific Evidences from Everyday Practice"

**Course Description:**

Most current orthodontic treatments for obstructive sleep apnea have focused on changing the anatomy to increase airway space. However, most orthodontists do not understand the mechanism of how anatomical changes affect the pathophysiology of obstructive sleep apnea. Dr. Yoon will show her extensive research for a better understanding of the relationship between anatomical factors and the physiology of OSA. Dr. Yoon will discuss the early identification of the etiology and understanding the pathophysiology to prevent diseases. She will also discuss the orthodontic approach for modifying orofacial growth and development with the newest technique to achieve ideal skeletal structures and to reprogram of orofacial muscle function.

**Objectives:**

- 1) Understand the dentist's role in identifying airway disorders in everyday practice.
- 2) Learn the screening protocols and spectrum of available therapies.
- 3) Comprehend tongue posture and craniofacial development.
- 4) Integrative and functional approaches to craniofacial structure modification: an interdisciplinary approach.

Friday, February 24, 2023

9:00 am – 12:00 pm – 3 CE units

**Title:** "Growth Modification Protocol: From Infant to Adult for Patients with Sleep Disordered Breathing"

**Course Description:**

As knowledge of sleep medicine increases, it is critical that orthodontists are equipped with the knowledge to help contribute to interdisciplinary care for pediatric patients with obstructive sleep apnea (OSA). As our professions strive to bridge the gap between sleep surgery and orthodontics, it is imperative that providers have the clinical guidelines to follow as patients grow and develop. Orthodontists can manipulate and guide craniofacial growth patterns depending on a patient's age; therefore, it is important to understand which strategies can be used in conjunction with other providers to help create a team-based approach to care. With an orthodontist's extensive knowledge of the craniofacial growth and development stages, providers can take advantage of therapeutic appliances that can make a substantial change in

a patient's growth pattern during maturity. As a child grows from infancy to adulthood the dentition and craniofacial complex change with various growth patterns that can be intercepted and targeted at the right time.

**Objectives:**

- 1) Understand specific orthodontic treatment options that can be offered from infant to adult with sleep-disordered breathing.
- 2) Define why early diagnosis and treatment of sleep disordered breathing is imperative for children's growth and development.
- 3) Understand the differential growth of each craniofacial structure.
- 4) Understand when and how: selection and design of orthodontic appliance in the right place at the right timing.

**Short Bio:**

Dr. Audrey Yoon is a dual-trained orthodontist and pediatric dentist. She practices the full scope of non-surgical and surgical orthodontics for pediatric to the geriatric population for airway management including growth modification, pediatric palatal expansion, customized Miniscrew-Assisted Rapid Palatal Expansion (MARPE), Distraction Osteogenesis Maxillary Expansion (DOME), Orthodontic treatment for Maxillomandibular Advancement (MMA), clear aligner therapy and oral appliances for sleep apnea. She completed her orthodontic and pediatric dentistry residencies at the University of California Los Angeles (UCLA). She first earned her Doctor of Dental Surgery at Seoul National University and earned another Doctor of Dental Surgery and Master of Science degree, completing extensive research in Obstructive Sleep Apnea (OSA) at UCLA. Dr. Yoon is an adjunct assistant professor of Stanford Sleep Medicine Center at Stanford University, an assistant professor in Orthodontics at the University of Pacific, a clinical assistant professor at UCSF orthodontics, and a clinical associate faculty at Tufts University School of Dental Medicine. She is also a co-director of the Pediatric Dental Sleep Mini-residency program at Tufts University. She is also a diplomate of the American Board of Dental Sleep Medicine and a diplomate of the American Board of Orthodontics. Dr. Yoon has created the World Dentofacial Sleep Society (WDSS) and is a founding president of WDSS. She created the Pacific Dental Medicine Sleep Fellowship program at the University of Pacific and currently serves as program director and is a co-founder of a pediatric dental sleep medicine mini-residency at Tufts University. Dr. Yoon introduced on a pioneering technique – performing maxillary distraction osteogenesis for the treatment of OSA – and co-authored chapters on this subject in many leading textbooks. Currently, Dr. Yoon's active areas of research include craniofacial growth modification, customized distractor designs, the surgery-first approach of maxillomandibular advancement surgery technique, and the genomic study to identify genetic anatomical factors relating to OSA.

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