



UNDERSTANDING OBSTRUCTIVE SLEEP APNEA

Why does this topic matter, more than ever?

- A silent, underdiagnosed epidemic with potentially life-threatening consequences.
- **Beyond snoring:** A hidden contributor to cardiovascular disease, stroke, metabolic dysfunction and cognitive impairment.
- **A preventable risk with serious consequences:** Untreated OSA compromises safety, productivity and quality of life.
- **Early recognition saves lives:** Timely diagnosis and effective treatment can significantly improve health outcomes.

Key Learning Objectives

- **Recognise the red flags:** Identify symptoms, risk factors and high-risk individuals.
- **Screen and diagnose effectively:** Understand validated screening tools, sleep studies and AHI-based severity.
- **Understand treatment pathways:** Explore CPAP, lifestyle interventions and alternative therapies.
- **Translate awareness into action:** Enable timely referral, treatment adherence and long-term risk reduction.

Who can attend:

Open to all Dental and Rehab professionals and Healthcare students

SPEAKER



Dr. Saumya Tripathi

MDS, FCLPS, FIBCSOMS
Consultant Oral & Maxillofacial Surgeon
Project Director – Smile Train, Meenakshi Hospital,
Thanjavur, Tamil Nadu, India

SPEAKER



Dr. Shilpa Pandit

MASLP; Fellowship in Speech and Swallow
Rehabilitation
Sakra World Hospital (JV SECOM & Toyota Tsusho,
Japan), Bangalore, Karnataka, India

MODERATOR



Dr. Charubala Pavan

BDS, M.PH, PGDHHM, PGDCR, Proprietor, Family Dental Care
Clinic, QAI assessor, NABH assessor and Tech Committee
member, Clinical director Special Olympics Bharat
Co-chair, CAHO Dental Forum



REGISTER NOW

**REGISTRATION IS FREE BUT
MANDATORY**

SATURDAY, 24th October, 2026

4:00PM – 5:00PM IST

