Learn about surgical lasers with a focus on airways disorders treatments from leaders and pioneers.

2024 Symposium
February 2-4, 2024, in San Diego, CA

See our detailed schedule and topics inside.
INTRODUCTION
Mark your calendars for February 2-4, 2024, and get ready to immerse yourself in the world of Tethered Oral Tissues (TOTS) in San Diego, California. The 2024 Breathe and Thrive Symposium is not just another event; it’s a transformative experience designed for professionals eager to delve deeper into the realms of TOTS, laser surgery, and frenectomy/frenuloplasty techniques. Moreover, it’s an excellent chance to connect, collaborate, and network with a community of clinicians who share a passion for enhancing airway and tongue-tie treatments.

HANDS-ON LASER LABS
Attendees can take advantage of a valuable opportunity to gain hands-on experience with soft-tissue surgical lasers and practice various soft-tissue procedures on tissue samples (pig jaws) at no extra cost during the Symposium. Twelve 40-minute lab sessions will be available throughout the event, and attendees can earn CE credit for their participation. The schedule contains the available time slots for these sessions.

LOCATION
Set against the backdrop of the sparkling San Diego Bay, the 2024 Symposium finds its home at the Manchester Grand Hyatt San Diego. This venue isn’t just about luxury; it’s about an experience. Attendees can soak in panoramic views of the bay, feel the city's pulse, and easily explore San Diego’s myriad attractions. We couldn’t be more excited to host the Symposium at such an iconic location, and we believe it will add an extra layer of charm to your overall experience.
## 2024 Symposium Schedule - Day 1

**Thursday, February 1, 2024 - 5:00 pm - 7:00 pm - Early Check-in/Registration Available**

### Friday, February 2, 2024

**7:00 am - 8:00 am** - Check-in/Registration  
**8:00 am - 8:05 am** - Opening Ceremony

| 8:05 am - 9:20 am | Keynote Address | Dale Tylor, MD, MPH  
Pediatric Airway Management - A Pragmatic ENT Approach |
|-------------------|-----------------|
| 9:25 am - 10:40 am | Keynote Address | Raymond J Tseng, DDS, PhD  
Evidence-Based Clinical Findings from an Integrative Tongue Tie Center for Use in Patient Encounters |
| 10:45 am - 11:45 am | Keynote Address | Peter Vitruk, PhD, MInstP, CPhys  
Non-Ablative and Ablative LightScalpel CO₂ Laser Applications and Introduction to the Hands-On Laser Wet Labs |

**11:45 am - 12:00 pm**  
2023 Kumar Patel Prize in Laser Surgery Award Ceremony

### Breakout Session I

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
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</table>
| 1:00 pm    | Piya Gandhi, DDS  
Functional Pediatric Dentistry: The Practice of Looking Beyond Teeth |
| 1:45 pm    | Jennifer White, DDS  
Maximizing the Use of Laser in a General Dentist Office |
| 2:30 pm    | Hal Stewart, DDS  
Optimal Airway, Optimal Tongue Space...Now Let's Finish the Case! |

### Breakout Session II

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
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</thead>
</table>
| 1:00 pm    | Ellen Carlin, CCC-SLP, COM®, IBCLC, CIMI  
Airway and Laryngomalacia: Why Do These Patients Trick Back on to Speech Pathologist’s Caseloads |
| 1:45 pm    | Neel Bulchandani, DC, SOFT, CFT  
Top 5 Postural Compensations in Patients with Tongue Tie and Sleep Disorders |
| 2:30 pm    | Toni-Ann Antoniato, MS, CCC-SLP, CLC; and Janine Stiene, MA, CCC-SLP, TSSLD  
Tongue Ties & Myo-Assessment to Referral and Beyond |

### Hands-On Laser Labs

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
</table>
| 1:00 pm    | Hands-On Lab  
8 seats |
| 1:45 pm    | Hands-On Lab  
8 seats |
| 2:30 pm    | Hands-On Lab  
8 seats |

### Coffee Break

**3:15 pm - 3:30 pm** - Coffee Break

### Breakout Session I

<table>
<thead>
<tr>
<th>Time</th>
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| 3:20 pm    | Martin A Kaplan, DMD  
It is Not just the Frenum: How to Think Outside of the Frenum Box to Get Your Best Results |
| 4:05 pm    | Najmeh Hannanvash, DDS, MSD  
Why Do Oral Restrictions Matter? |
| 4:50 pm    | Eric Armakan, DDS  
Taking the Complaints out of Compliance: Functional Frenuloplasty in the Early Child and Adolescent Population |

### Breakout Session II

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
</table>
| 3:20 pm    | Chelsie Goulet, DC; and  
Karrie Page, MSLP, R.SLP, COM®, IBCLC  
Lips to Hips: Real-Life Conversations for a Collaborative Team Approach |
| 4:05 pm    | Lisa Paladino, MS, RN, CNM, IBCLC  
| 4:50 pm    | Melissa Mugno, OMT; and  
Sarah Hornsby, RDH  
The Secret to Effective and Efficient Myofunctional Therapy |

### Hands-On Laser Labs

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8 seats |
| 4:05 pm    | Hands-On Lab  
8 seats |
| 4:50 pm    | Hands-On Lab  
8 seats |

**5:35 pm - 7:00 pm** - Cocktail Reception
### Day 2

**Saturday, February 3, 2024**

#### 8:05 am - 9:35 am - Keynote Address
**Robert A. Strauss DDS, MD, FACS**

*Laser Physics for Poets: How the Good Practitioner Uses Basic Principles for the Best Clinical Laser Results*

#### 9:40 am - 10:40 am - Keynote Address
**Rajeev Agarwal, MD, FAAP**

*Use of a New Tool (FLIP) for Evaluation of Breastfeeding Dysfunction*

#### 10:45 am - 12:00 pm - Keynote Address
**Richard Baxter, DMD, MS**

*What's New In Tongue-Tie Land: Latest Research and Clinical Insights*

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#### 12:00 pm - 1:00 pm - Lunch

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#### Breakout Session I

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<tbody>
<tr>
<td>1:00 pm - 1:45 pm</td>
<td>Diana Batoon, DMD</td>
<td>Barely Breathing and Barely Sleeping</td>
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<tr>
<td>1:45 pm - 2:30 pm</td>
<td>Maribel Santos-Cordero, DMD</td>
<td>Surgical Contraindications and Management of Complications in Laser Dentistry</td>
</tr>
<tr>
<td>2:30 pm - 3:15 pm</td>
<td>Brynn Leroux, DDS</td>
<td>Lip Ties, Buccal Ties, Eiffel Tower Ties, Oh My – Part 2!</td>
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#### Breakout Session II

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<tbody>
<tr>
<td>1:00 pm - 1:45 pm</td>
<td>Justin Roche, MB ChB, MRCPCH, IBCLC; and Kate Roche, BSc, MISCP, IBCLC</td>
<td>Challenge the Challenges! - How to Make the Ideal Treatment Pathway Fit a Family's Reality</td>
</tr>
<tr>
<td>2:30 pm - 3:15 pm</td>
<td>Alisa Sacker, MD, IBCLC</td>
<td>To Wait or Not to Wait? Optimal Timing for Release of Oral Restrictions</td>
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#### 3:15 pm - 3:20 pm - Coffee Break

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<td>3:20 pm - 4:05 pm</td>
<td>Dina Chehab, DDS; &amp; Sara Eberle, RDH</td>
<td>A Retrospective Analysis of the Outcomes of Tongue Tie and Lip Tie Releases Completed with LightScalpel CO2 Laser in a Pediatric Dental Practice</td>
</tr>
<tr>
<td>4:05 pm - 4:50 pm</td>
<td>Chelsea Pinto, DDS</td>
<td>Healthy, Happy Healing Tissue: Understanding and Optimizing Wound Healing on a Cellular Level</td>
</tr>
<tr>
<td>4:50 pm - 5:35 pm</td>
<td>Sofya Kats, DDS; and Jennifer Huffman, DDS</td>
<td>Measuring Effectiveness of Non Ablative Laser Therapy on Length of Soft Palate</td>
</tr>
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<tr>
<td>3:20 pm - 4:05 pm</td>
<td>Joy Lantz, RDH, PHDH, COM³, IBCLC</td>
<td>Cutting Edge Care: Why Integrating Myofunctional Therapy is a Game Changer for your Dental Practice</td>
</tr>
<tr>
<td>4:05 pm - 4:50 pm</td>
<td>Jessica Altemara, IBCLC</td>
<td>Self Efficacy As A Tool in Active Wound Management</td>
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<tr>
<td>4:50 pm - 5:35 pm</td>
<td>Speaker Coming Soon</td>
<td>Title Coming Soon</td>
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<td>4:50 pm - 5:35 pm</td>
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#### 5:35 pm - 6:05 pm - All Sessions Panel Discussion
Hands-On Laser Wet Labs

**HANDS-ON LASER PARTICIPATION WORKSHOPS**

This is a great opportunity for clinicians to try out soft-tissue surgical lasers first hand and simulate the variety of soft tissue procedures on tissue samples (pig jaws).

No additional cost for Symposium attendees. Non-doctors can attend a wet lab, but only as observers. CE credit will be provided.

There will be twelve 45-minute lab times available through out the Symposium. See the schedule for the available time slots.

It is recommended that wet lab attendees take the preliminary quiz found at [alsc.club/labquiz](http://alsc.club/labquiz)

*This is the confirmed list of speakers. It is possible this list may be adjusted by adding or substituting speakers.

**Workshop attendees are required to be registered for the Symposium. Limit 1 wet lab per attendee. Non-Doctors may attend, but as observers only, not as a participant.*

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**9:00 am - 12:00 pm**

*Keynote Address*

**Soroush Zaghi, MD**

Dr. Zaghi’s Annual ALSC Update: Results from Recent Studies and More.

Sleep, breathing, tongue-tie, and myofunctional disorders are now well appreciated to have a direct effect on a multitude of dental health outcomes including caries, periodontal disease, dental wear, malocclusion, pain, and oral dysfunction, as well as overall medical health, longevity, and psychosocial well-being. This course aims to provide updates to the evidenced-based approach in identifying and unraveling the root causes of sleep-related breathing disorders and myofunctional issues in children and adults based on the most recent research and latest clinical protocols developed and utilized by Dr. Soroush Zaghi and his team at The Breathe Institute.

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**12:00 pm - 12:05 pm**

Symposium Closing Ceremony

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**12:05 pm - Adjourn**
### Breathe & Thrive 2024 ALSC Symposium

**February 2-4, 2024**

#### VENUE
Manchester Grand Hyatt San Diego
1 Market Place
San Diego, CA 92101
(See Photos on the Left)

**NOT AN ALSC MEMBER? JOIN TODAY!** Visit alsc.club/join and save $100!

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Early Bird Rates (Until December 1)</th>
<th>Regular Rates (Starting December 2)</th>
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<tbody>
<tr>
<td>Dentist &amp; Physician &amp; Researcher</td>
<td>$1,500 / $1,400</td>
<td>$1,850 / $1,750</td>
</tr>
<tr>
<td>Other Health Professionals and</td>
<td>$745 / $645</td>
<td>$995 / $895</td>
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<tr>
<td>Industry Professional</td>
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<td>$2,050 / $1,950</td>
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#### Learn More at [BreatheAndThrive.org](https://BreatheAndThrive.org)

Need Any Assistance? Call (888) 206-2710 or Email ALSC@AmericanLaserStudyClub.org

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*Information, terms, and conditions in this communication are subject to change without prior notice. Refunds will incur a 20% processing fee. No refunds after January 19, 2024. Registration ends on January 26, 2024.*

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SEE YOU IN SAN DIEGO!