

Friday, March 28, 2025 at the Delta Hotels by Marriott



“Sleep Dentistry on Steroids”, “The Ties That Bind; Your Tongue to Your Brain. The Prantl Mechanism: A Functional Model”, and “Tongue-Tie: Does it Really Matter?”

- 6 CE Credits

(Dental Hygienists, Dental Assistants & Administrative Personnel of registered dentists for this course are invited to attend if space permits. See tuition charge on registration form.)

Nelson Diers, DDS - “Sleep Dentistry on Steroids”

Course Description

This is NOT an introductory course on sleep disordered breathing. This is an advanced course digging deeply into the reasons why, what, and how dentists can be instrumental in causing, preventing, and insuring our patients optimal dental and general health.

Our duties as physicians of the mouth are to move beyond the localized problems of the tooth and supporting tissues into the generalized area of full body health.

This connection is many times initiated in the birthing process, where Tethered Oral Tissue and cranial distortion prevents a normal latching pattern from developing in the infant, causing pain upon nursing to the mother and inappropriate facial muscle and skeletal structure development in the child. In addition, these forces are transferred into the brain through the foramen magnum and applies inappropriate forces into the falx cerebri and tentorium cerebellum. Therefore, this creates pressure, intracranially creating neurocognitive issues in the child.

Learning Objectives:

1. As dentists we control position and movement of the tongue. Tongue posture should be high and forward in the roof of the mouth. This creates proper skeletal dental development of the oral cavity within the patient’s genetic pattern.
2. The jaws should not be constricted and retracted through treatment but expanded and enhanced in size to allow the tongue to move up and forward in the roof of the mouth without distortion of the floor of the mouth, thereby insuring maximum airway patency.
3. We must eliminate adverse tissues that interfere with normal tongue posture, thereby improving neurocognitive and general wellness throughout the brain and body.



About the Speaker

Dr. Diers graduated from the Northwestern University Dental School, where he was elected as a member of the Omicron Kappa Upsilon honorary dental society. He earned his M.S.D. (Master of Science in Dentistry) at the Indiana Graduate School of Orthodontics and began his practice in 1971.

He has taken an active part in professional and civic organizations in the Greater Cincinnati area. Dr. Diers has served as president of the Ohio Valley Orthodontic Society, the Keely Dental Society of Butler County, the Greater Cincinnati Dental Study Club, and the Hamilton-Fairfield Chamber of Commerce.

Dr. Diers is board certified by the American Board of Orthodontics and a member of the American Association of Orthodontists, which sets the professional standards for orthodontists in the United States. He is a member of the consulting staff at Children's Hospital in Cincinnati and been appointed Assistant Clinical Professor of Orthodontics at the Indiana University School of Dentistry and the Medical College of Georgia. As an expert on orthodontic developments, Dr. Diers has published articles in a number of journals and has spoken to gatherings of health-care professionals at universities and state societies around the country and the world.

As a result of his extensive research and training, Dr. Diers is able to treat most patients without removal of permanent teeth, by utilizing the latest state of the art procedures; Functional appliances for jaw growth, Self-ligating bracket systems for more efficient tooth movement, invisible braces/Invisalign system, Accelerated orthodontics treatment in 6-9 months, Sleep apnea appliances, and TMJ treatment of jaw joint problems.

Dr. Diers, through his research, has obtained two U.S. Patents: 8,371,309 82, intra-oral device upper airway disorders and US 7,833,013 82. Device, method, and kit for determining orthodontic dimensions.



Sandy Prantl, OTR/L – “The Ties That Bind; Your Tongue to Your Brain. The Prantl Mechanism: A Functional Model”

Course Description

Elucidation of pathways from oral tissues into the cranial vault and accompanying intracranial membrane system will be introduced. History of the inquiry will provide background for the proposed anatomic models. Sandy Prantl's hybrid model of intervention will be discussed in order to suggest relevance for the discoveries. She asserts that dental interventions can affect change all over the body and can cause deleterious unintended consequences. The membrane models are a product of independent research, validated by human dissection in January 2022.





Greg Notestine, DDS – “Tongue-Tie: Does it Really Matter?”

Course Description

Dr. Notestine will present Tethered Oral Tissues, which include tongue-tie, lip-tie, and buccal tie as they relate to the growth and development of the mouth and face. He will relate this congenital disorder to how it impacts eating, speaking, sleeping, and breathing from infancy to adulthood. He will outline guidelines necessary for proper assessment, diagnosis, treatment and when not to treat, precare and aftercare for this condition.

Learning Objectives:

1. Recognize signs and symptoms of oral ties for infants, children and adults.
2. Learn the objectives of proper treatment of oral ties.
3. Learn when to provide surgical treatment and when not to treat.
4. Learn the reasons techniques for pre- and post-op therapy.

About the Speaker

Dr. Greg Notestine received his DDS from The Ohio State University College of Dentistry, completed the General Practice Residency at Miami Valley Hospital in Dayton, OH, then opened his own general practice where he worked for 40 years. He served on many committees and on the Board of Directors for the Dayton Dental Society, and continues to volunteer at The Good Neighbor House, a clinic for the underserved in downtown Dayton. He now practices part-time focused on the diagnosis and treatment of Tethered Oral Tissues including tongue, lip, and cheek ties as they relate to eating, speaking, sleeping, and breathing, and lecturing about it to various medical disciplines.