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ICAP Virtual Conference

Unifying Best Practices

October 7 - 9, 2021

ATTENDEE GUIDE

Welcome to the ICAP Conference 2021

Welcome Message	p. 3
Conference Program - Gamification - Networking	p. 4 - 7
Virtual Platform Guide	p. 8 - 12
Conference Sponsor - Exclusive Offer	p. 13
Speakers	p. 14 - 22
Conference Management	p. 23
Save the date 2022	p. 24
Thank you - ICAP Membership - New ICAP Website	p. 25

To claim **education credits** and to receive a **certificate of attendance**, you have to fill in an online form that will be sent to you after the conference. You can claim credits for attending sessions live or watching a session recording. The **deadline is October 31, 2021**, and attendance will be verified by the organizer.



The Conference has been approved for 19.5 CERPs total.

Dear ICAP Conference Attendees!

On behalf of the International Consortium of Ankylofrenula Professionals (ICAP), it gives us great joy to welcome you to the 2nd ICAP Conference.

Although we cannot wait to meet again in person, we believe that offering the conference in a virtual format is the safest approach for the well-being of our global audience and we are excited that this conference makes it possible to broaden the learning opportunities and engagement with the ICAP community.

The program focuses on the latest advancements in the field of restricted oral tissues and on unifying best practices for their assessment, diagnosis and integrative treatment. The program features plenary and oral presentations covering topics of major interest to those in fields such as dentistry, lactation, or other oral sciences brought to you by a fantastic expert-speaker line-up from around the world. All sessions offer live Q&A and will be recorded to view on demand for 3 months after the event.

Every day is packed with opportunities to learn formally and informally with and from conference delegates from around the world. And not only that, even though we are virtual, you have the chance to engage and have fun with colleagues and friends, new and old.

Thank you for joining us - we look forward to connecting with you!



Dr. Brynn Leroux
Chair
ICAP Board of Directors



Dr. Darlene Buan-Basit
Member
ICAP Board / Conference Planning Committee



Megan Musso
Member
ICAP Board / Conference Planning Committee



Dr. Sharon Smart
Member
Conference Planning Committee

Thursday, October 7, 2021

All times shown in Pacific Daylight Time - Click [here](#) to view in your time zone.

6:00 AM - 6:15 AM	OPENING	
6:15 AM - 7:45 AM	Speech, Feeding & Sleep Improvements in Children Following Tongue Tie Release Dr. Richard Baxter	1.5 L-CERP
8:00 AM - 9:00 AM	Dysfunctional Milk Extraction and Ankyloglossia: Defining these Clinical Entities for the Primary Care Providers Dr. Rajeev Agarwal	1.0 L-CERP
9:15 AM - 10:15 AM	That Tricky Tissue! Connective Tissue Disorders and Treatment of Oral Restrictions Jessica Altemara	1.0 R-CERP
10:15 AM - 11:15 AM	Networking - Meet your fellow attendees	
11:15 AM - 12:15 PM	It Takes A Village: Multidisciplinary Approach to Ankylofrenula and TOTs Dr. Jenna Davis	1.0 R-CERP
12:30 PM - 1:30 PM	Sleep-Disordered Breathing and Myofunctional Therapy Nicole Goldfarb	1.0 R-CERP
1:45 PM - 2:45 PM	Incorporating a Multidisciplinary Approach to TOT's Treatment - Advantages and Pitfalls Dr. Jeffrey Kestenber	1.0 R-CERP
2:45 PM - 3:30 PM	Networking - Meet your fellow attendees	

Friday, October 8, 2021

All times shown in Pacific Daylight Time - Click [here](#) to view in your time zone.

5:30 AM - 6:30 AM	Development of a Clinical Guideline: The Norwegian Clinical Guideline for Diagnosis and Treatment of Tongue-ties Dr. Solveig Holmsen & Dr. Rønnaug Solberg	1.0 L-CERP
6:45 AM - 7:45 AM	Tongue-tie in Social media. Filling the Information Gap Regarding Tongue-ties Tine Greve & Alison Higgs	1.0 L-CERP
8:00 AM - 9:00 AM	AIRWAY DENTISTRY: Tongue Ties, Myofunctional Therapy, and Orthodontics Dr. Mandeep Johal	1.0 R-CERP
9:00 AM - 9:30 AM	Coffee Break	
9:30 AM - 10:30 AM	Functional Ankyloglossia: A Continuously Evolving Definition of Tongue-Tie Sarah Hornsby	1.0 L-CERP
10:45 AM - 11:45 AM	Infant Sleep Quality Before and After Lingual Frenectomy: Looking at Actigraphy, Salivary Cortisol and Melatonin Dr. Scott Siegel	1.0 L-CERP
12:00 PM - 1:00 PM	Explorations of Maternal and Infant Sleep Dynamic As Related to TOTs Autumn Henning, Meredith Wentzel & Ken Hooks	1.0 L-CERP
1:15 PM - 3:00 PM	Revising TOTS is not just for Breastfeeding Dr. Larry Kotlow	1.5 L-CERPs
3:00 PM - 3:45 PM	Networking - Meet your fellow attendees	

Saturday, October 9, 2021

All times shown in Pacific Daylight Time - Click [here](#) to view in your time zone.

5:30 AM - 5:50 AM	Yoga with Kate (all levels)	
6:00 AM - 7:30 AM	Developmental Aspect of SDB in Children: Role of Tethered Tissue Phenotypes Dr. Umakanth Katwa	1.5 L-CERPs
7:45 AM - 8:45 AM	Chiropractic Co-Management of Tethered Oral Tissues Dr. Aurelie Petitclerc	1.0 L-CERP
9:00 AM - 10:30 AM	AGM (ICAP Members only)	
10:30 AM - 11:30 AM	Networking - Meet your fellow attendees	
11:30 AM - 12:30 PM	Multidisciplinary Approach to TOTs Across a Lifespan: Pretreatment, Release, and Aftercare Considerations Dr. Cara Riek & Dr. Stevanie Bahnerth	1.0 L-CERP
12:45 PM - 1:45 PM	Ankyloglossia in Central Australia: Prevalence, Identification and Management Donna Akbari	1.0 L-CERP
2:00 PM - 3:15 PM	Michelangelo at Work - Tongue Tie and Orofacial Myofunctional Development Dr. Marjan Jones	1.0 L-CERP
3:15 PM - 3:30 PM	Closing	

BONUS CONTENT

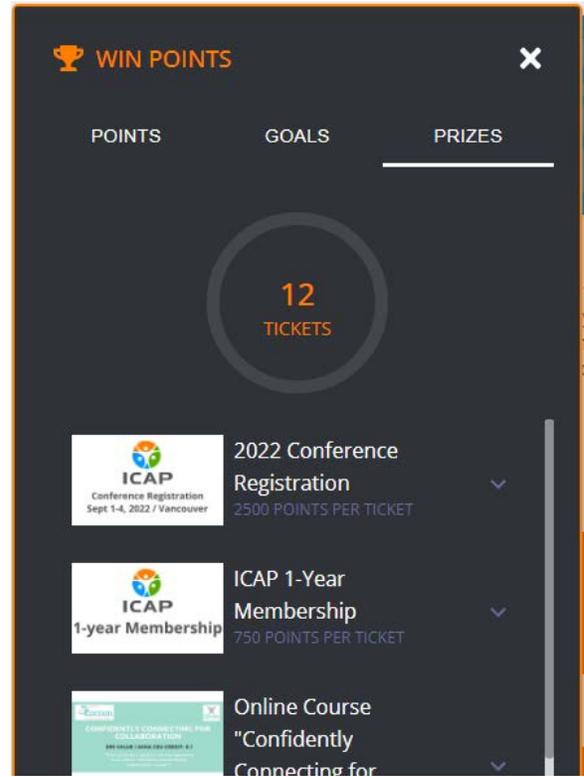
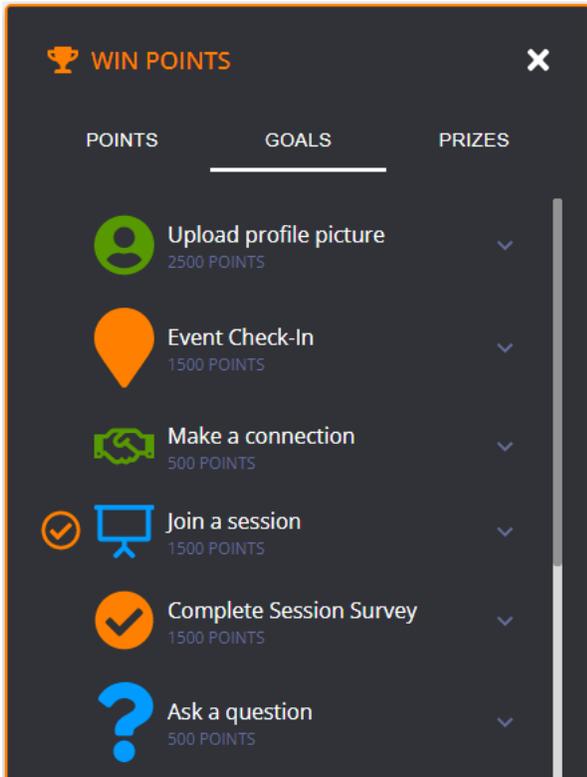
Dr. Soroush Zaghi
Progress Towards a Functional Definition of Ankyloglossia


BONUS

GAMIFICATION

WIN A FREE REGISTRATION FOR ICAP 2022!

Participate in our gamification and win a free registration for the 2022 Conference or one of the other great prizes. Earning points is easy, just click on the icon at the top of the screen to learn about the goals.



NETWORKING AND MEETING HUB

Our daily networking functions help you to connect with other attendees. You will be randomly assigned in small groups of up to 3 attendees for 6-minute video chats. When the time is up (or before if you wish), you can choose to join a new conversation. We encourage you to use this time to connect with others and **exchange your virtual business card** via the Meeting Hub feature. The networking functions are meant to introduce you to other attendees - if you wish to continue the conversation, you can do so through the meeting hub and by exchanging contact details to connect with each other beyond the conference days.

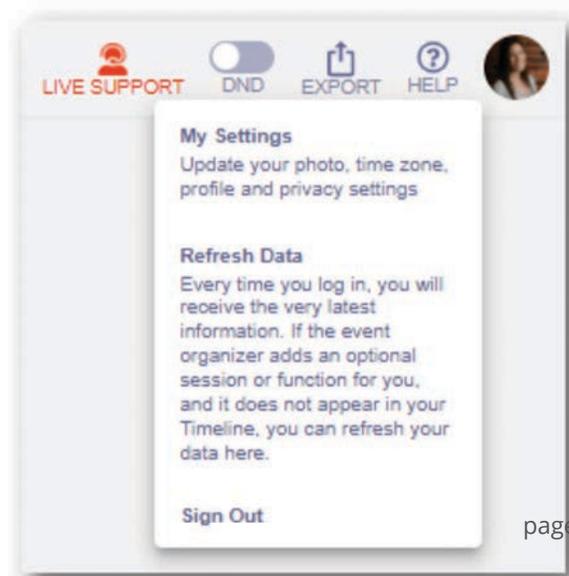
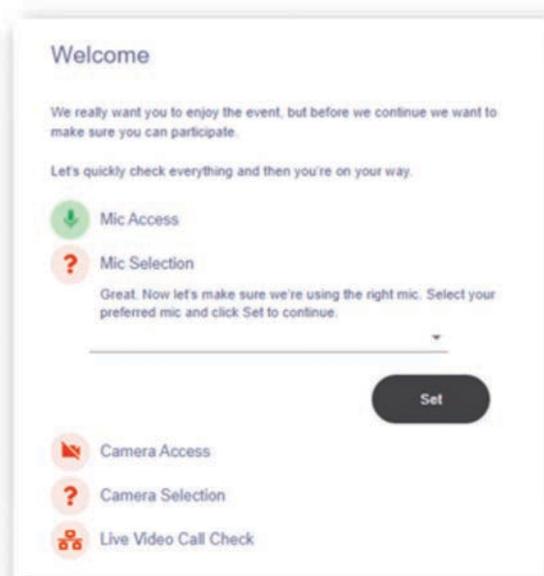


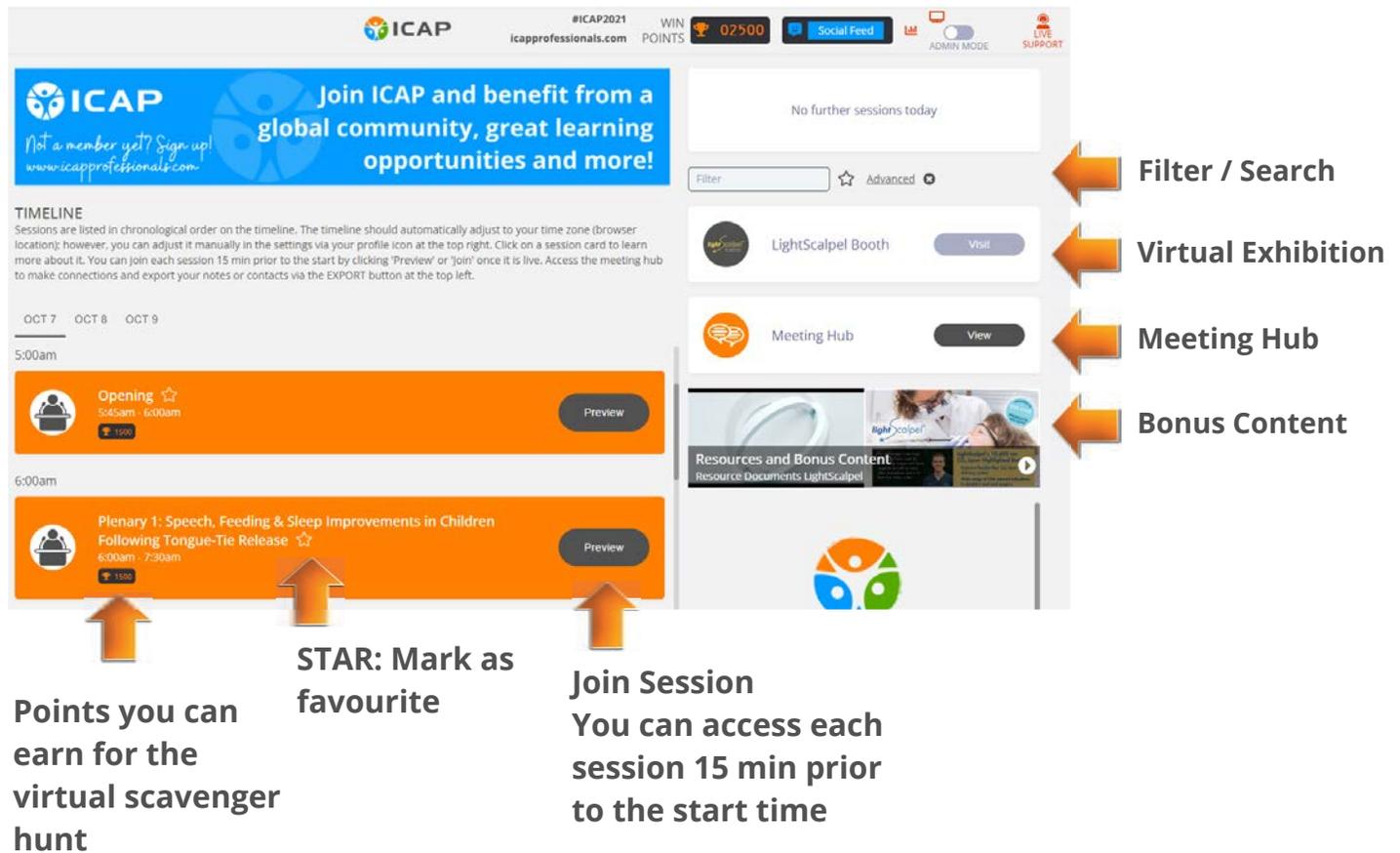
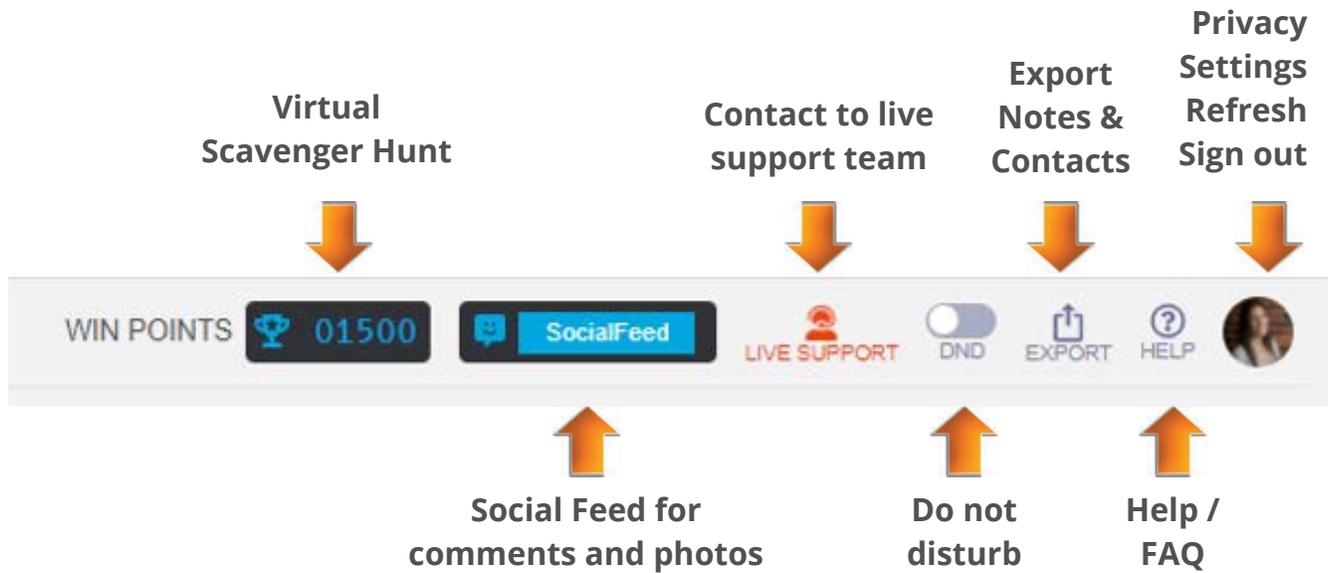
Welcome to OnAIR, your virtual conference platform!

- Make sure you use **Google Chrome** or **Microsoft Edge** browser
- We recommend using a **computer or laptop**, but at least a tablet. While the platform works on a mobile device, the experience will not be the same.
- Your login is **personalized and cannot be shared**. You **cannot** log in on two different devices or browser tabs at the same time!
- **Test your login prior to the start of the conference** to confirm there are no technical issues with accessing the platform. Type in your email and PIN rather than copy and paste.
- Have all unnecessary applications shut down while you attend the conference. Other multimedia puts a strain on your computer and can impact your connection speed. A VPN connection might potentially block access to the platform or restrict some features, so try to avoid using one.

Sign into the platform

- Please log in to the virtual platform via the link and login details provided to you by email (email address and PIN are case-sensitive!).
- When you first log in you will be asked to confirm your microphone and camera settings
- The system will automatically conduct a network check to rate your connectivity.
- When you first sign in to the virtual platform, the Event Check-In window displays, where you can update your profile, capture or add a profile photo and review your privacy settings. To edit or change these settings, please click on your profile icon at the top right of the screen and select My Settings.
- Via the top bar, you also have the option to contact our Live Support staff, Export your notes and contacts, as well as access the Help page.
- The virtual platform will automatically detect your server location and adjust the agenda to your **time zone**. You can also manually choose your time zone under "My settings" via your profile icon.





Session Name
and Time

Time to session
start / end



Session Information

List of Speakers and Moderators



Poll

Polling Questions will appear here



Q&A

Enter and/or upvote questions and review written answers



Attendee Chat

Space for your comments (no questions!)
Please abide by the code of conduct!



My Session Notes

Type your notes, save and export them later via the export button at the top



Handouts

Access presentations slides and handouts (if provided by the speaker)

Timeline

Sessions and functions that are happening each day are listed on the timeline in chronological order. You can click on any of the items on the timeline to view additional information and join the session or function. The timeline will automatically adjust to your time zone based on your browser location. You can change or adjust the settings manually in your profile settings.

Meeting Hub

The Meeting Hub allows you to search for and connect with other attendees, presenters and exhibitors/sponsors. Once you "Connect" and the other attendee accepts your request, you have exchanged your "virtual business card" that you can export via the Export function at the top of your screen. Start a live chat or video call, schedule a meeting, send messages or add notes. Via your profile settings, you have full control of which information is shared with an attendee you connect with.

SocialFeed

The Social Feed is where you can engage with others by sharing your comments or photos. This feed should not be used to post any questions for presenters in sessions. Please be respectful and abide by the Virtual Code of Conduct. Unacceptable behaviour will not be tolerated during any portion of the conference and could result in removal from the platform and restrictions from future events.

Live Support

Our Live Event Support Team is online and available for you during the conference. If you have any questions or need technical assistance, please click on the red Live Support icon in the top right of the screen. Outside of conference hours, please email icaprofessionals@venuewest.com

Exporting your Notes and Contacts

Any notes that you take throughout the event within the platform can be exported by selecting the Export icon in the top right of the screen next to your Profile image. In addition, all Meeting Hub connections you have made with other participants will save their contact information, which you can export using the Export option as well.

Session Recordings

On the Timeline, select the session you would like to watch the recording of. When you've clicked into the session, you will see Session Recording on the right-hand side with a Play icon. Simply press play and the recording will automatically start. Any questions that were not answered during the live sessions have been answered in writing and can be viewed by clicking 'Answered' on the Q&A tab on the right-hand side of your screen. Session recordings are usually made available within 24 hours after the session and can be viewed until January 7, 2022.

Camera and Audio/Microphone

When using the Meeting Hub, Live Support Exhibitor Meetings or Networking, once the Video Call starts your camera and microphone will be enabled by default. Click on the icons in the video window to disable the camera and mute your microphone as needed. During the main sessions, you will be automatically muted and off-camera. Camera or Audio Issues? Please reset or review your browser permissions for your camera and microphone. For example, in Chrome, you can click on the small lock icon to the right of the portal URL to check on these settings.

Join a session

You can access each session 15 min prior to the start time by clicking on Preview. Once the session is live, the button will change to say Join.

Win Points - Virtual Scavenger Hunt

Click on the trophy to see what goals are available in the virtual scavenger hunt in order to earn points and what prizes are available! The more points you earn, the higher the chance of winning a prize! Prizes will be drawn on the last day of the conference and winners announced during the closing ceremony. Each winner will also be notified by email.

Be an active participant. You will get the most out of your experience if you actively participate! Network with delegates and sponsors using the chat and connect features, participate in networking and social activities.

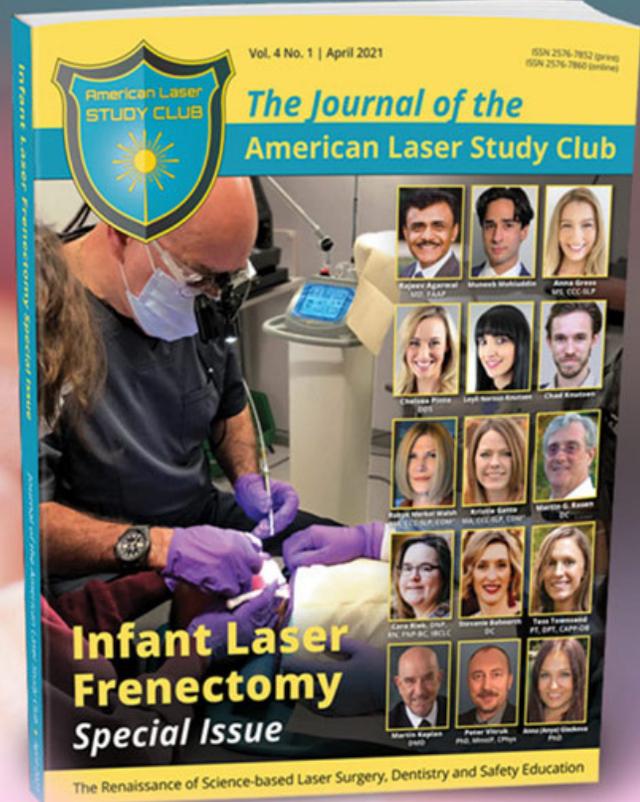
Be respectful. Keep your contributions in Q&A and chats helpful and considerate of the author and other participants. Arguing about or belittling somebody else's comment is not productive. Instead, you can say that you have a different perspective or experience, which extends the conversation rather than shutting it down.

The Conference is committed to providing a **professional, friendly, safe, and welcoming environment for all participants** at this meeting, regardless of gender, sexual orientation, disability, race, ethnicity, religion, national origin or other protected class. We expect everyone to help ensure a **safe and positive experience** for everyone. Unacceptable behaviour will not be tolerated during any portion of the event.

Taking screenshots, photography, video, or audio recording of oral presentations is prohibited.



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*This coupon code can not be combined with any other offers. Expires on October 31, 2021. Terms, pricing, offers, discounts, specifications, and availability are subject to change without notice. Some restrictions may apply. To be eligible for this offer, you must have attended the ICAP Conference. One journal per attendee.

**Dr. Rajeev Agarwal**

Rajeev Agarwal, MD is a graduate of All India Institute of Medical Sciences (AIIMS), in New Delhi, India, a premier institution for medical training in 1992. He completed his Pediatric Residency at the University of Texas Medical Branch at Galveston. Subsequently, he completed a Nephrology fellowship at the University of Florida at Gainesville. In 2005, he opened Agave Pediatrics located in Phoenix, Arizona, which has grown to five locations in the valley. Through his years of training, practice and research, Dr. Agarwal developed a passion for supporting the mother-baby dyad for breastfeeding, through evaluation and treatment of tongue and lip ties. Over the past 10 years, he has performed more than 10,000 frenectomies. In the field of Tongue Ties (TT), he is a well-pursued motivator, speaker, and teacher. He has developed a complete Tongue Tie program in his primary pediatric practice, where he has trained many other professionals in this field. Over the years he has been involved in several clinical studies on natural history, genetics and therapeutics of TT with regional, national and international collaborators. His works have been presented at various national and international conferences. The current study represents one of the largest cohorts of TT patients and the effect of frenectomy on symptoms associated with TT.

**Donna Akbari**

Donna graduated with a Bachelor of Applied Science in Speech Pathology from The University of Sydney in 2015. Since then she has been working as a Speech Pathologist at Alice Springs Hospital within the Central Australian Health Service. Her caseload has been focusing on acute pediatric feeding and adult stroke/ acquired brain injury. She is currently a Research student at the University of Sydney with her research focusing on the management of ankyloglossia in Central Australia.

**Jessica Altemara**

Jessica has been invested in helping families struggling with oral restrictions since giving birth to a tongue-tied baby in 2005 while working as a La Leche League Leader, birth, and postpartum doula. She earned her IBCLC credential in 2009 and started a private practice in the Triangle area of North Carolina in the United States. She provides home visits there and also works regularly to provide integrative care for treatment of ties in infants through the North Carolina Integrative Tongue Tie Center. After conceiving her Tongue Tie Doula certification program in 2013, she has worked with multiple practices to initiate an integrative model in multiple geographic areas. She's excited to see so many families fully supported by the Three Pillar Approach, or Altemara model, as well as enjoying time with her husband and 4 children, ranging in age from 17 to 7. She's also passionate about creating community and inspiring personal connections.

**Dr. Stevanie Bahnerth**

Dr. Stevanie Bahnerth is a family chiropractor with over 14 years of experience. She earned her Bachelor of Science degree from Purdue University and then went on to attend Palmer College of Chiropractic in Davenport, Iowa. Having breastfed her three own children, she developed a passion for helping breastfeeding families. She is an active La Leche League Leader. In her free time, Dr. Stevanie enjoys spending time with family and friends, yoga, and traveling.

**Dr. Richard Baxter**

Dr. Richard Baxter is a board-certified pediatric dentist and Diplomate of the American Board of Laser Surgery. He is a nationally recognized speaker on tongue-ties and lead author of the bestselling book *Tongue-Tied: How a Tiny String Under the Tongue Impacts Nursing, Speech, Feeding, and More*. He is passionate about educating parents and healthcare practitioners about the effects a tongue-tie can have throughout the lifespan. He lives in Birmingham, AL with his wife, Tara, their five-year-old old twin girls, Hannah and Noelle, and infant Molly. He is the founder and owner of the Alabama Tongue-Tie Center where he uses the CO2 laser to release oral restrictions that are causing nursing, speech, dental, sleep and feeding issues. He had a tongue-tie himself, and all three of his girls were treated for tongue and lip-tie at birth, so for him, this field is a personal one. In his free time, he enjoys spending time with his family and outdoor activities. He serves as an elder at his church and is on the board of Reach the Rest, a global missions organization. Dr. Baxter also participates in many overseas dental mission trips. He is currently working on several research and educational projects related to tongue-ties.

**Dr. Jenna Davis**

Dr. Jenna Davis owns a highly successful family wellness multidisciplinary clinic, Acorn Family Health and Wellness Centre, in Oakville, Ontario. She is the president of Babyboom Creations, a company with specially designed products and training seminars on such things as tongue-tie, pediatrics, infant TMJD and prenatal care. Dr. Jenna Davis is a family chiropractor focusing on preconception, infertility, pre- and postnatal care, pediatrics, infant TMJD, TOTs, and women's health. Dr. Davis loves working with families in all stages and has a unique ability to educate her practice members so they feel heard, honoured and understand how chiropractic can improve their function and life. She has a passion for educating and is an avid lecturer both in and out of her office. Dr. Jenna Davis is an author, educator and international speaker sharing on power of communication, infertility, pediatrics, infant TMJD, TOTs (Tethered Oral Tissues), Bodywork to many professions specifically for dural tension and TOTs, team approach to health and wellness, secrets to adjusting pediatrics and prenatal patients, women's health, and finding your true passion. Dr. Davis created a technique in 2016, the PIPS Technique (Pediatric Intraoral Palate Specific Technique) specifically to assist with Infant TMJD, Tongue-tie, Lip-tie, Dural Tension and Oromotor Challenges. Dr. Davis has been a featured speaker on many stages in Canada, the United States, Australia and the UK.



**Nicole Goldfarb**

Nicole Goldfarb, M.A., CCC-SLP, COM founded the San Diego Center For Speech Therapy & Myofunctional Therapy (SDCST) in 2003. She is one of only three Certified Orofacial Myologists in all of San Diego County. Nicole also has the distinction of being one of only three Certified Orofacial Myologists in all of San Diego that also has a Master's degree in Speech-Language Pathology, an unparalleled combination of degrees that allows her to provide the most advanced and comprehensive treatment, as most patients with speech issues also have myofunctional issues. In achieving her certification, Nicole received the highest score ever appointed on the International Association of Orofacial Myology certification exam at that time. Nicole achieved numerous training in both speech-language pathology and myofunctional disorders, and she has a special passion and interest in sleep-disordered breathing and diagnosing restricted frenum tissue as related to myofunctional disorders. Nicole is currently on the ADA assigned Child Airway Initiative Task Force, a small national team developing the universal screening tool for all dentists to use to screen for sleep-disordered breathing as per the 10/2017 ADA proposal that all dentists should screen all patients for SDB. Nicole received intensive and advanced training with the nationally renowned Certified Orofacial Myologist, Katha Phair. Katha trained Nicole in her unique, specialized, and unmatched techniques that she had developed and refined for over 45 years, and in 2014 she selected Nicole to take over her myofunctional therapy practice in San Diego. Nicole has presented all around the United States on myofunctional therapy as it relates to sleep-disordered breathing, orthodontics, and dentistry. Nicole has also attended a variety of training related to sleep-disordered breathing including the Tufts Mini Residency Program, AAMS/AAOSH/AAPMD/IAOM conventions, and other courses.

**Tine Greve**

Tine Greve is a Danish midwife and breastfeeding counsellor, IBCLC, living and working in Norway. She has almost 30 years of experience working with, and counselling, breastfeeding mothers. She works part-time at The Norwegian National advisory unit on breastfeeding at Oslo University Hospital and part-time at a multi-disciplinary clinic where she counsels mothers experiencing breastfeeding challenges caused by tongue-ties and physio-motoric issues.

**Autumn Henning**

Autumn R. Henning, MS, CCC-SLP, COM®, IBCLC is a certified and licensed Speech-Language Pathologist with a Certificate of Clinical Competence from the American Speech-Language-Hearing Association (ASHA). She is a Certified Orofacial Myologist® through the International Association of Orofacial Myology (IAOM). She is an International Board Certified Lactation Consultant. She graduated from the University of Kentucky with a Master's Degree in Communication Disorders. Autumn R. Henning, MS, CCC-SLP, COM®, IBCLC is currently appointed and in good standing as an Assistant Professor within the voluntary faculty series in the Department of Communication Sciences & Disorders at the University of Kentucky College of Health Sciences. She was a Founding Board Member for the International Consortium for Oral Ankylofrenula Professionals (ICAP). Autumn is a member of the American Academy of Private Practice in Speech Pathology and Audiology (AAPPSPA).

**Dr. Solveig Holmsen**

Dr. Solveig Thorp Holmsen graduated from the University of Oslo, Faculty of Medicine in 1997. She obtained a Master's degree in Public Health from Johns Hopkins University in 1998. Surgical residency and continuing work in the Oslo Emergency Room a department of Oslo University Hospital since 2001 where she is currently working as a Consultant Doctor. Solveig wanted to offer better treatment to mothers suffering from lactational mastitis in her clinic and to work with the health system to prevent this condition among mothers. She started as a medical advisor in the Norwegian National Advisory Unit on Breastfeeding in 2011 and she is currently specializing in community medicine. She is working on a National level to increase the knowledge on breastfeeding and prevention and treatment of lactational mastitis. Observing the association between tongue ties and lactational mastitis in her daily practice she started addressing this problem. She is organizing the work developing a knowledge-based National guidance document on the diagnosis and treatment of tongue-tie among infants in Norway. She has also received funding for research on tongue-ties in Norwegian infants.

**Ken Hooks**

Ken Hooks, RRT, RPSGT; Founder/operator of True Sleep Diagnostics

Ken is a registered respiratory therapist with 8 years of experience and a registered polysomnographic technologist for adults and pediatrics with 7 years of experience. He taught the polysomnographic technician course at Greenville Technical College for 4 years. He co-authored the case report "Rapid Maxillary Expansion and Adenotonsillectomy in 9-Year-Old Twins with Pediatric Obstructive Sleep Apnea Syndrome: An Interdisciplinary Effort. He provides mail-order home sleep testing, sleep study report review, and second opinions.

**Sarah Hornsby**

Sarah Hornsby graduated with a bachelor's degree in dental hygiene from Eastern Washington University in 2008. After practicing as a hygienist for only one year, she began to explore complementary modalities to help her patients achieve optimum oral health. She discovered the then little-known field of Orofacial Myofunctional Therapy and pursued training with the Academy of Orofacial Myofunctional Therapy (AOMT) in early 2010. In 2015, Sarah opened MyoMentor, a new branch of her business designed to mentor, train, and support hygienists and dentists who want to incorporate myofunctional therapy into their practices and careers. Today, over 500 hygienists and dentists have gone through her mentoring program. Sarah is also Co-Director of the Myofunctional Therapy Department at The Breathe Institute where she is actively involved in publishing research on myofunctional therapy, in an effort to grow the field.

**Dr. Mandeep Johal**

Dr. Johal owns a successful and growing airway-focused integrative office, Family Dental Center and Tongue and Lip-tie centre in Guelph, Ontario. Family Dental Center is the first tongue and lip-tie centre in Canada. Dr. Johal's passion for learning grew from her own personal experiences. Having noticed her three-year-old child had crowding, through continuing education she learned he was tongue-tied. Not only was one child tongue-tied, but her other child and herself included. This formed a new passion in regards to how the tongue affects whole-body health both in childhood development and adulthood. Dr. Johal practices and lectures on airway orthodontics, tongue ties (infants, children and adults), temporomandibular joints (TMJ), concussions, biological dentistry, and myofunctional therapy. Dr. Johal is continuing education in dental courses, but she has also dedicated countless hours to continuing to learn and educate herself in regards to airway orthodontics, tongue-ties, sleep-disordered breathing, nutrition, cranial-sacral, body posture, Speech-Language Pathology (SLP), myofunctional therapy, and laser surgery. She is certified to perform laser surgery by the American Board of Laser Surgery. She is also a member of the International Consortium of Oral Ankylofrenula Professionals and a member of the American Academy of Dental Sleep Medicine. In addition, as an AAPMD airway Colab Chapter President for Toronto, she is collaborating and teaching osteopaths, chiropractors, naturopaths, Physiotherapists, Nutritionists, ENT's, midwives and SLP's. She strongly believes to successfully treat patients with airway/sleep-disordered breathing and tongue ties, collaboration with other medical professionals is key for life-long lasting results.

**Dr. Marjan Jones**

Dr. Jones is the owner and lead dental surgeon at a practice in Brisbane Australia. Her practice is focused on establishing optimum oral function across the lifespan by including enabling prolonged and competent breastfeeding through the release of oral restrictions, Oral Myofunctional therapy and myofunctional orthodontics. She treats patients as young as a few days old till those of elderly age. She co-founded the International Consortium of Ankylofrenula professionals and served on the board as the chairperson for two years. While her recent qualification as an IBCLC provides a broader perspective and knowledge base for working with infants, she assists patients of all ages from infants to the elderly. With the experience of working with over 9,000 cases, her practice is focused on addressing myofunctional disorders including treatment of oral ties. Her protocol for all age groups is inclusive of the critical role of at least 3 professionals toward restoring functional competency. This team approach is the cornerstone of comprehensive management of oral restrictions. Marjan co-founded the Tongue Tie Institute (TTI) in 2016 to advance the education of health professionals in the treatment of oral restrictions through this multidisciplinary approach. While TTI has hosted hundreds of international and Australian delegates across 9 disciplines in Australia, Marjan has also presented in various regional, national and international conference settings including Advancing Dentistry Symposium in 2019 in Toronto. She is a Fellow of the World Clinical Laser Institute, a member of the Academy of Laser Dentistry, the Academy of Breastfeeding Medicine, and is a founder, member and immediate past Chairperson of the Board of ICAP.

**Dr. Umakanth Katwa**

Dr. Umakanth Katwa is a pediatric pulmonologist and pediatric sleep specialist at Boston Children's Hospital in Boston USA. He has a faculty appointment at Harvard Medical School in Boston. He completed his pediatric residency at the All India Institute of Medical Sciences, New Delhi. He then did his Pediatric Pulmonary and Sleep fellowship training at Harvard University in Boston. He is also an adjunct faculty at Tufts University School of Dental Medicine. He is currently the Medical Director, Sleep Laboratory at Boston Children's Hospital and also co-directs the multidisciplinary sleep apnea and sleep surgery program. He co-directs pediatric sleep medicine courses at Harvard and Tufts Universities. His research interests include infant sleep apnea, phenotyping sleep apnea in children, precision diagnostic approach on evaluation of pediatric sleep apnea, technology integration in the evaluation of sleep, and sleep telemedicine. He also specializes in children with chronic ventilator needs. He lectures widely across the world and has extensively published in several peer-reviewed national and international journals.

**Dr. Jeffrey Kestenberg**

Dr. Kestenberg graduated from the University of Melbourne in 1980 and obtained his Master's degree in 1982 majoring in prosthodontics. He was awarded a Fellowship of the Royal Australasian College of Dental Surgeons in 1983. After having 5 years of specialist practice, re-treating other dentists poor work, Jeff returned to general dental practice and began to be an early adapter in new technologies such as light and heat initiated tooth whitening, digitization of dental workflow including radiography and in 2002 was the first dentist in Australia to buy the first commercially available tooth cutting laser The Waterlase. With no laser training available in Australia, Jeff took courses in the USA and from then began a journey of offering his patients state-of-the-art high-tech dentistry and he's never looked back. Professional life has been very busy in the past with teaching appointments at the University of Melbourne and RMIT University, doing compliance (investigations and mentoring) work for the Dental Board of Australia, sitting on Panels for the Australian Health Practitioner Regulation Agency, and lecturing all over Australia and internationally on a variety of topics. Whilst he is predominantly in private practice employing 35 staff, Jeff is also currently a consultant in prosthodontics at Monash Health which is one of the biggest hospital networks in Australia. In this role, Jeff rehabilitates head and neck cancer patients, a field known as maxillo-facial prosthodontics and treats patients with sleep-disordered breathing. As part of his private practice, Jeff has established a stand-alone tongue tie clinic which is separate from his dental practice. He has performed over 10,000 laser procedures for TOT's. Jeff enjoys playing bridge, madly following his Australian Rules football team, Collingwood, and being with his family, especially being the grandfather to 2 grandsons.

**Dr. Lawrence Kotlow**

Dr. Lawrence Kotlow is a 1972 graduate of SUNY Buffalo Dental School, and completed his pediatric dental residency at the Children's Hospital in Cincinnati, Ohio between 1972-1974. Since 1974 he has had a private practice in Albany, New York. He became Board Certified in Pediatric dentistry in 1980 and is a Fellow in the American Board of Pediatric Dentistry. Dr. Kotlow has received the three major Third District Dental Society Awards; he has served as President of the Third District Dental Society of New York State and served on many committees at the State level. He is a member of the ADA, ICD, New York State Dental Association, as well as a member since 2000 of the Academy of Laser Dentistry (ALD). He is a founding member of the International Affiliation of Tongue-tie professionals, a group dedicated to improving infant's and mother's ability to breastfeed. As a member of the ALD, Dr. Kotlow served on the Board of Directors, achieved Advanced Proficiency in Erbium lasers, Nd:YAG as well as Standard Proficiency in the use of diodes and CO₂ @9300nm. ALD Mastership status. He was the 2014 recipient of the Leon Goldman award for excellence from the ALD. He has lectured at almost every meeting of the Academy, speaking on topics from How to Prepare PowerPoint and Keynote Presentations, to a wide range of clinical applications using lasers on infants and children, and establishing the ALD one-day pediatric program at the ALD annual session. He is an internationally known expert on aiding mothers in achieving a comfortable and effective latch during breastfeeding due to tongue and lip ties and has lectured to over 3000 health care professionals on the diagnosis, laser treatment and post-surgical care of these infants. In addition to speaking at Academy of Laser dentistry meetings and developed the basic laser online course, he has lectured on lasers, and pediatric dentistry throughout the United States and Internationally in Israel, Canada, Taiwan, France, England, Australia, Denmark and Italy. He has contributed to textbook chapters on the use and benefits of soft tissue lasers, preventive dentistry, hard tissue lasers and Photobiomodulating lasers in Pediatric Dentistry in Dental Clinics of North America 2004, The Atlas of Laser Dentistry and in Principles and Practice of Laser Dentistry. He has had articles published on laser dentistry in the Academy of Laser Dentistry Journal, European Archives of Pediatric Dentistry, Journal of Human Lactation, Journal of Clinical Lactation, Journal of Orthodontics, Journal of General Dentistry, Journal of the Canadian Dental Association, and many others. In addition to speaking at ALD, he has spoken at the Star of the South in Houston, The Greater New York Dental Meeting, The Yankee Dental meeting, The Academy of Pediatric Dentistry, the International Pediatric Dentistry Association meeting and several International and the United States La Lache League Conferences. He has been involved in the development and introduction of the new Isotopic Carbon Dioxide laser operating @ 9300nm known as a Solea developed and manufactured by Convergent Dental, a United States company.

**Dr. Aurelie Petitclerc**

Dr. Petitclerc graduated in 2007 from Paris. She worked in 4 countries in 12 years (France, Scotland, US (Houston TX) and Now St John's, NL (Canada). She spent 6 years collaborating with ENTs, Dentists, IBCLC, SLP on a teamwork approach for Babies and children with TOTs. She is fully Pediatric and Pregnancy Certified by the International Chiropractic Pediatric Association and also IBCLC since 2019. She specialized in Craniosacral therapy, Bioenergetic synchronization technique (BEST), Extra and intraoral Myofascial release Therapy. She trained more than 150 chiropractors in France in the Chiropractic Approach of Buccal Ties.

**Dr. Cara Riek**

Dr. Cara graduated from Arizona State University with a Doctor of Nursing Practice degree. She is a board-certified Family Nurse Practitioner in addition to having her IBCLC certification. Dr. Cara is also a diplomate of the American Board of Laser Surgery, specializing in "Oral Surgery in Infants, Toddler, and Adults." Dr. Cara very much enjoys helping families to reach their breastfeeding goals.

**Dr. Scott Siegel**

Scott A. Siegel, M.D., D.D.S., FACS, FICS, FAAP is a double board-certified, dual degree MD, DDS, Oral and Maxillofacial Surgeon. Dr. Siegel is a Fellow of the American College of Surgeons, International College of Surgeons, and the first oral and maxillofacial surgeon awarded Fellowship to the American Academy of Pediatrics. Dr. Siegel is an active member of numerous national and international medical and dental professional organizations and is a peer reviewer for many noted medical journals. Dr. Siegel has over 25 years of experience as an oral and maxillofacial surgeon and has devoted the past 20 years to the treatment of issues related to tethered oral tissues, he has performed over 30,000 tethered oral tissue-related surgical procedures to date. Educated at the State University of New York at Stony Brook Schools of Medicine and School of Dental Medicine, Dr. Siegel maintains a private practice in the Center for Tethered Oral Tissues located in New York City, and Long Island, NY. Dr. Siegel is internationally recognized as a pioneering laser TOTs surgeon. During his surgical residency and in private practice Dr. Siegel was mentored by the world-renowned pediatric surgeon and tongue-tie pioneer Elizabeth "Betty" Coryllos, MD, FACS, FRCS, FAAP. (Coryllos Classification system for ankyloglossia). Dr. Siegel lectures internationally and conducts clinical research and publishes in various areas related to TOTs including aerodigestive disorders related to TOTs such as Aerophagia Induced Reflux (AIR). Dr. Siegel is currently working as a clinical investigator on two IRB-approved research projects. The first was working in collaboration with the Department of Biomedical Engineering at Columbia University and Tel Aviv University in understanding the kinematics of tongue movement in infants, children and adults with ankyloglossia using ultrasound. The second project is looking at objective changes in infant sleep quality before and after labial and lingual frenectomy, in conjunction with the Child Development Lab of the City University of New York.

**Dr. Rønnaug Solberg**

Dr. Solberg is a Pediatrician working clinically with Neonatology. She is the Head of the Newborn Intensive Care Unit (NICU) at Vestfold Hospital Trust. She received her Ph.D. in 2011 (Resuscitation of the newborn. An experimental study of toxic effects of supplementary oxygen). Since 2011 she has been engaged as a researcher at the Department of Pediatric Research, Oslo University Hospital-RH Teaching medical students, midwifery students and neonatal nurses.

**Meredith Wentzel**

Meredith is an International Board Certified Lactation Consultant (IBCLC), Licensed Massage and Bodywork therapist and owner of Nourish: Integrative Lactation & Wellness in Greenville, SC-USA. Nourish is a team of 3 lactation professionals and a Client Care Coordinator. Meredith has provided lactation support since 2013 and massage and bodywork therapy services since 2006. She spent 3 years pursuing IBCLC through a degree program where she obtained a Master of Arts degree in health and wellness with a concentration in human lactation. During her time in the program, she completed a 150-page thesis project on Ankyloglossia. She also holds a Bachelor of Science degree in speech and hearing science from Penn State University as well as a license in massage therapy and bodywork. Additionally, she has trained in Beckman Oral Motor Therapy and has completed Tethered Oral Tissues specialty training (TOTS). Meredith also sits on the leadership board for Upstate Birth Network where she helps to advocate for Mother-Friendly care in the Upstate of South Carolina. In 2019, Meredith was nominated by her peers for the 'Unsung Hero' award at the ICAP (International Consortium for Ankyloglossia Professionals) conference. Meredith was inspired to become an IBCLC after the birth of her first child where breastfeeding was a healing experience after a traumatic birth. She believes the way in which you birth does have an impact on breastfeeding, but it does not make or break your ability to successfully breastfeed in the long run. No matter how you birth, or where, you can have the amazing experience you deserve with the right support system in place. It is the goal of Nourish, to provide the most up-to-date, cutting-edge information and support so you can make an informed decision and reach your personal breast and bottle feeding goals.

**Dr. Soroush Zaghi***

Dr. Soroush Zaghi is a graduate of Harvard Medical School, UCLA Otolaryngology (ENT) residency, and Stanford Sleep Surgery Fellowship. He is very active in clinical research with over 80+ peer-reviewed research journal publications and is a recognized leader on advancing standards of care for tongue-tie surgery. He is now in practice in Los Angeles, CA in the United States through The Breathe Institute where the focus of his clinical practice and research efforts is now on understanding the impact of tethered oral tissues on sleep-disordered breathing and maxillofacial development in children and as a risk factor for upper airway resistance syndrome and obstructive sleep apnea in adults.



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