



**International College of Prosthodontists**  
**19<sup>th</sup> Biennial Scientific Session - VIRTUAL - September 22 – 25, 2021**

**Program Speaker – Elham Emami**

**Title**

Effects of Nocturnal Wearing of Dentures on the Quality of Sleep and Oral-Health-Related Quality of Life in Edentate Elders

**Abstract**

A single-blind randomized cross-over design was conducted to assess whether the nocturnal wear of dentures has an effect on the quality of sleep and oral-health-related quality of life of the edentulous elderly with untreated sleep apnea. The study results provide some support to usual practice guideline to continue to remove dentures at night in edentulous elders suffering from sleep apnea. Our analysis found no statistically significant difference in the mean AHI of participants sleeping with or without dentures at night. The mean respiratory arousal index was higher when wearing dentures at night than when not wearing dentures at night.

Wearing dentures at night resulted in a statistically significantly higher mean score of psychological discomfort when compared to not wearing dentures at night.

**Biography**

Dr Emami is a Clinician-Scientist, full professor and Dean of the Faculty of Dentistry at McGill. She has a postgraduate professional training in Prosthodontics (*MSc, Université de Montréal*), research training in Biomedical Science (*PhD, joint program McGill University & Université de Montréal*), Dental Public Health (*Postdoctoral fellowship, McGill University*), and Cancer Epidemiology (*Postdoctoral fellowship, Environmental Epidemiology and Population Health research group, Université de Montréal*).

Dr Emami research program entitled “**Fostering Oral Health Through Interdisciplinary Research: Intervention, Access and Impact**” has been acknowledged by the Canadian Institutes of Health Research and has been supported by Canadian and Quebec governmental grants, as well as industry.

Dr Emami sits on a number of executive committees for research at the national and international level including the [Canadian Institutes of Health Research](#) Institute of Musculoskeletal Health and Arthritis Advisory Board. She has sat on various editorial boards including the *Journal of Dental Research*, *Journal of the Canadian Dental Association*, and *Trials*.

She has been the recipient of various prestigious awards such as the CIHR Clinician-Scientist award I and II. In 2019 and 2020, she was elected a Fellow of the [Canadian Academy of Health Sciences](#), [Académie dentaire du Québec](#) and American College of Dentists.