

Pediatric Sleep and Airway Summit

The Future of Multidisciplinary Diagnosis and Treatment in Pediatric Sleep and Airway

Monterrey, Nuevo León · November 5 & 6, 2026

THURSDAY, NOVEMBER 5

November 5, 2026

8:00 - 8:45

Registration and accreditation

8:45 - 9:00

Presidium · Official Welcome

Valeria Jasso · Dr. Sara Ortega · Monterrey, México

9:00 - 9:30

The Silent Epidemic: How Sleep Hygiene Can Mask Sleep Disorders

Valeria Jasso · Sleep & Airway Coach · Monterrey, México

Red flags that parents at home, teachers at school and health professionals in their practice should identify. When sleep hygiene improves symptoms but does not resolve the underlying problem.

9:30 - 10:15

The Pediatrician's Integral Perspective: The Whole Picture Before the Specialist

Dr. Erick Galindo · Pediatra · Guadalajara, México

The general pediatrician as the starting point in pediatric airway care: neuroinflammation, microbiome, mother-child dyad and early dysfunction detection.

10:15 - 11:00

Treatment in Babies: Airway Assessment and Early Intervention

Dr. Suraj Vatish · Dental Surgeon · Londres, Reino Unido

Clinical approach to the infant patient with airway restriction. Early functional assessment, intervention indications and multidisciplinary coordination.

11:00 - 11:30

Language Delay as an Indicator of Compromised Airway

Dra. Katherine Parra Acosta · Fonoaudióloga · Directora Brain and Muscle · Colombiana, radicada en Monterrey, México

Suck, swallow, breathe: the pattern that tells us so much. How to evaluate and interpret the orofacial pattern to identify early warning signs in communication and language.

11:30 - 11:45

☕ Coffee Break

11:45 - 12:30

The Face Tells the Story: How Breathing Shapes the Growing Face

Dr. Roberto Carrillo · Ortodoncista · Monterrey, México

The importance of early recognition and orthodontic intervention to guide craniofacial growth. Identifying facial patterns associated with chronic mouth breathing.

12:30 - 1:15

When Surgery is the Best Decision: Multidisciplinary Coordination with ENT and Orthodontics

Dr. Mario Ortiz · Cirujano Maxilofacial · Monterrey, México

The clinical challenge of the patient who wants to avoid surgery. When surgical intervention is the best option for their health and how to coordinate the plan.

1:15 - 2:00

Preventive Orthodontics and the Breathe Institute Protocol

Dra. Valeria González · Ortodoncista · CDMX, México

Patient testimonials treated with the Breathe Institute protocol. Integration of myofunctional therapy in the orthodontic plan and preventive methods prior to surgery.

2:00 - 3:00

☐ Lunch

3:00 - 5:00

AOS Houston Block

Susi Quintana (30 min) · Dr. Juan Pablo Porte (30 min) · Dr. David Alfi (45 min) · Q&A; (15 min) Pre and Post-Frenectomy Myofunctional Therapy: A Complete Protocol | Sleep Apnea in the Pediatric Patient: Case History and Surgical Treatment | A Surgeon's Case for Prevention: Avoiding Surgery Through Early Airway Intervention

5:00 - 5:15

Multidisciplinary Clinic — Ask Your Questions to AOS Houston

Open Q&A; with the AOS Houston panel: Susi Quintana, Dr. Juan Pablo Porte and Dr. David Alfi.

5:15 - 5:30

☕ Coffee Break

5:30 - 6:15

Nasal Congestion in Children: Environmental Allergy, CMPA or Airway Obstruction?

Dra. Tere Borghete · Alergóloga · Monterrey, México

Differential diagnosis of chronic pediatric nasal congestion: allergic rhinitis, cow's milk protein allergy (CMPA) and anatomical obstruction. When to refer to ENT.

6:15 - 7:00

From Symptom to Diagnosis to Treatment: What Families and Providers Need That No One Is Giving Them + Closing

Dr. Luis Chávez · Ortodoncista · Valeria Jasso · Sleep & Airway Coach

How to integrate symptoms, diagnosis and treatment into a functional clinical record. The solution for truly multidisciplinary collaboration.

7:00 pm

☐ Dinner by Invitation

FRIDAY, NOVEMBER 6

November 6, 2026

8:00 - 8:45

Registration

8:45 - 9:00

Presidium · Day 2 Welcome

Dr. Sara Ortega · Valeria Jasso · Dr. Luis Chávez

9:00 - 9:45

Myofunctional Disorders: Early Identification in Clinical Practice

Renata Nehme · Myofunctional Therapist · Savannah, Georgia, EE.UU.

Recognizing red flags of myofunctional disorders. Assessment tools and referral criteria in clinical practice.

9:45 - 11:45

Beyond Tongue Tie: Understanding the Complexity of Sleep Breathing Disorders

Dr. Soroush Zaghi, MD · Sleep Surgeon / ORL · The Breathe Institute, Los Ángeles, CA Recognition, interdisciplinary assessment, compensation patterns, and modern treatment pathways. Includes: ankyloglossia assessment, FAIREST-6 protocol and sleep study interpretation.

11:45 - 12:00

☕ Coffee Break

12:00 - 1:00

Sleep Breathing Disorders: Evidence, Controversy, and Clinical Reality

Dr. Soroush Zaghi, MD · The Breathe Institute, Los Ángeles, CA What current science supports, where controversies remain, and how clinicians should interpret the evidence.

1:00 - 2:00

Discussion Panel: Clinical Cases and Multidisciplinary Approach

Dr. Zaghi · Dr. Alfi · Dr. Erick Galindo · Valeria Jasso Panel analysis of clinical cases. Perspectives from surgery, myofunctional therapy, pediatrics and airway coordination.

2:00 - 3:00

🍱 Lunch

3:00 - 3:45

Protocol for Evaluating Patients and Face Recognition

Jennifer Falcon · Myofunctional Therapist · Nueva York, NY, EE.UU.

Hands-on workshop: protocol for evaluating patients who only need myofunctional therapy. Face recognition and dysfunctional patterns in mouth breathers.

3:45 - 4:30

Breastfeeding Red Flags: Early Airway Warning Signs

Dra. Sara Ortega · Pediatra · Monterrey, México

Identifying airway dysfunction during breastfeeding: suction, seal, noises, fatigue, weight gain. Ankyloglossia, oral hypotonia. When and who to refer to.

4:30 - 4:45

☕ Coffee Break

4:45 - 5:30

The Case That Changed Everything: Moving Forward — How We Can Implement All This Knowledge

Dr. David Alfi, DDS, MD, FACS · Houston, TX

Final reflection from the maxillofacial surgeon's perspective: how to bring everything learned into the practice and the multidisciplinary team.

5:30 - 6:00

Closing Ceremony · Awards and Vision for the Future

*Valeria Jasso · Dr. Erick Galindo · Dr. Sara Ortega Awards for speakers and attendees.
Announcement of next congress and virtual coordination platform.*

6:00 pm

🍴 *Closing Dinner*